

**BODY
OF
A
SPARTAN**
by
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BODY OF A SPARTAN

Hello Friends,

Welcome to *Body of a Spartan*.

In this book we will discuss:

How to achieve a lean and mean body without endless dieting and cardio.

The best muscle building methods for natural trainers.

The best fat-burning methods for natural trainers.

The best workout routines and exercises for natural trainers.

How to break through mental barriers.

How to overcome cravings and have complete self-control.

We will expose bodybuilding myths like *"I'm a Hardgainer"*, *"You need to workout one bodypart per day"*, *"You need to follow a strict routine"*, *"You need to eat brown rice and dry Chicken every 3 hours"*, *"Only cardio burns fat"*, *"Eating fat makes you fat"*, *"A natural can only train 3 days per week before he dies of over-training"*, *"You need to drink protein shakes to gain muscle"*, *"You need supplements to gain muscle and burn fat"* and other myths and lies.

Let's get started....

WHY YOU SHOULD WORK OUT

Look around you, friend. What do you see? You see extreme fatsos sucking down potato chips and diet sodas. You see extremely skinny, emaciated, low testosterone effeminate males. Maybe you even look like them. Maybe you used to look like them.

In today's world the only way to have naturally high testosterone is through diet and exercise. We aren't out all day chasing down our food and killing it with spears and bows and arrows. We are comfortable. We are complacent. Well, most people are. You, on the other hand, are Spartan. You are not comfortable being a fatass or a skinny goof.

So you go to the gym and you lift weights. You become strong. You become lean.

You have the mindset of a warrior, a winner. That mindset will manifest itself through your physical appearance.

You have probably heard the saying *“Don’t judge a book by its cover”*. Maybe you even listened to that saying. Well, I have news for you friend: Extremely fit people, Spartans, do judge a book by its cover. Only fatsos and skinny dweebs say you should not judge by appearance. There is no fit person alive who doesn’t look down on the weak who let their body rot through neglect and laziness.

I want you to do two things next time you are at the gym:

- 1) Find the fittest guy you can find and stand around him. What do you feel? You feel intimidation. You instinctively feel that he is better and stronger than you. You are instinctively judging him by his appearance and you have accurately concluded that he is not a lazy slob, that he has pride in his body and his abilities and that he will probably be successful in endeavour’s he chooses. That’s because he has the mentality of a winner and you can tell that from his appearance.
- 2) Find the skinniest guy you can find and stand next to him. What do you feel? You sure don’t feel intimidated. In fact, he probably feels intimidated by you. Isn’t that a good feeling? Would you rely on this person knowing that he doesn’t have confidence in himself? Do you think if he could push a button and turn into a muscular man he would choose to stay a skinny wimp?

Well, friend, I am here to tell you that there is a button. All you have to do is switch it on.

BODYBUILDING OR STRENGTH TRAINING

If you’ve been in the gym you have undoubtedly read some bodybuilding magazines and bodybuilding websites. Bodybuilding magazines will tell you to eat 6 times per day, chicken and brown rice, and train each bodypart once per week. For example, you will train chest on Monday, Back on Tuesday, Legs on Wednesday and so forth. Bodybuilding is about repping, lifting a weight for a number of repetitions, typically between 6-15 repetitions (reps).

You have probably heard of strength training programs like Rippetoes Starting Strength, Stronglifts and others. Strength training programs will treat your body like a machine rather than an organic entity and you are required to do a certain percentage of weight for a set number of repetitions, usually between 1-5 repetitions.

Should you bodybuild or train for strength?

The goal is to become lean and strong. Ripped and muscled.

At least, that's the goal. If you have been following bodybuilding magazines and bodybuilding websites you probably are not very lean, very strong or very muscled.

Why?

Because bodybuilding magazines and websites lie to you. Plain and simple. They give you part of their plan, the easiest part (diet and training) but they leave out the most important part: Steroids and Human Growth Hormone.

They will say bodybuilding is 90% diet and 10% training but they are lying. Bodybuilding is 90% drugs, 5% training and 5% diet.

This is why, if you follow their routines but not their drug intake, you will look like poop. Eat like a pro but don't take the drugs and you will get fat. I've seen it a hundred times. Gullible kids will eat all the brown rice and dry Chicken they can choke down and then they will train one bodypart per day, thinking they will turn into a muscled up monster.

Following this plan without using drugs is a recipe for FAILURE.

A natural trainer must, **MUST!**, train for strength. Endlessly repping weight as a natural is a one-way ticket to nowhere.

So you should follow a strength training plan, right?

Wrong.

Following a pure strength training plan like Rippetoes will never, ever get you a good physique. Plans like Rippetoes have a number of flaws:

- 1) They treat the human body like a machine. Your body is not a machine, some days you will be stronger and some days you will be weaker. Strength plans don't take this into consideration, rather, they use a calculator to determine your lifting for the day.
- 2) They are deathly afraid of over-training. *Over-training this, over-training that*. To set the record straight, working out less for fear of over-training is a LOSERS way of not getting into shape. It's an excuse to not achieve. It's an excuse to be a fatass or a skinny goof. Getting into top shape requires high volume.
- 3) They do not take into consideration that you want to build a physique to go along with your strength. You won't get broad shoulders, thick chest, pumped arms and tight abs by following a strength program like Rippetoes.

So what are you to do, bodybuild or train for strength?

BOTH!

A natural must train to become stronger, you simply cannot pump out set after set of lightweight and build muscle. On the other hand, you can't do 3 sets of 5 reps and develop a physique. The two must be combined.

To build your base, your solid-ness, you need to lift heavy weights. To broaden your shoulders, fill out your chest, pump up your arms and widen your back you will need to use a lighter weight, bodybuilding style plan.

Again: Strength training will be defined as lifting a heavy weight for 1-5 repetitions.

Bodybuilding training will be defined as lifting a weight for 6-15 repetitions.

HOW OFTEN SHOULD YOU WORK OUT?

You should workout 4 days per week MINIMUM. If you aren't prepared to be in the gym at least 4 days per week you can count on one thing: Never developing a physique. Working out 3 days a week is a chicken shit routine. The best physique artists and strong men typically work out 6 days per week.

Working out must become a habit.

You've got to think of working out as just another thing you do every day.

You eat everyday, you go to work or school everyday, you hit the gym everyday. It's just habit. Going to the gym is just one more thing on your daily to-do list. If hitting the gym is not a regular habit you will never, ever develop strength or a physique.

What about overtraining?

Like I said above, overtraining is a bunch of bullshit. It's a way for whiners and quitters to not get into shape and to not lose face for being a whiner. Not working out 4-6 days per week for fear of overtraining is for losers and sissies.

You cannot become overtrained by working out with weights 4-6 days per week for 30 minutes to an hour per workout. It simply doesn't happen.

Overtraining, REAL overtraining, takes months or years of HARD physical labor for HOURS per day.

You will hear about overtraining all the time on the internet. If you could see a picture of the person screaming about overtraining you would see a big fatso or a skinny dweeb.

Overtraining does not exist. Put it out of your mind. Fear of overtraining is fear of success. Fear of actually going for something.

Personally, I work out 6 days per week like clockwork. Often, I will actually workout 13 days in a row before I take a day off. On the days in the gym when I am feeling tired or weak I will do simple and easy exercises just to get the blood going. Not every single day in the gym needs to be balls to the wall. Sometimes you will want to have some easy, blood-flowing, recovery workouts.

How long should your workouts last?

30 minutes to an hour is fine. No reason to be in the gym for hours a day unless you are taking the required drugs to help with that much volume. A natural trainer can develop a tremendous physique and strength with 30 minutes a day.

The key to getting benefit from 30 minutes a day is to take short rest breaks. Unless you are working up to a very heavy personal best, you will want to keep your rest periods to one minute or shorter.

The heavier you are going the longer rest you can take, the lighter you are going the shorter your rest periods need to be.

There is no reason to ever take rest breaks of 5 minutes or more. For your heaviest lifts, even 2-3 minutes is a bit long. Aim for one minute rests, or shorter, and you will be fine.

Short rest breaks will help you develop muscle but they will also help you burn fat. For *Body of a Spartan* you will not be required to do any cardio, but you will need to get your heart pumping with weights.

THE BEST TIME OF DAY TO WORK OUT

I have worked out at all times of the day and night. From first thing in the morning to last thing at night and every time in between. What has worked best for me, and when I say best I mean I had the best workouts, was working out between 7pm-9pm. I actually prefer to lift very first thing in the morning but I cannot deny that my best workouts always come in the evening. I believe this is because the day's pressures build up, and when you hit the gym after a long hard day you not only work your muscles, you work out all the tension that the day has given you. After an evening workout you have no more tension in your body.

Early AM Workouts

An early am workout, around 5am, is my favored time of lifting. I like to go first thing in the morning just to get it over with. There will be some days or evenings where you become very busy and it gets hard to get to the gym. When you go first thing you will never have to worry about finding time to get to the gym. You wake up, go lift, get it over with and move on with your day. Easy and simple.

Late Morning / Noon / Early Afternoon Workouts

Lunch time workouts are great for people who have the time available. If you have a job and have a long enough lunch break a workout can be a great way to fill your time. Rather than going to the local fast food joint with the rest of your co-workers you can hit the gym and build your body.

For entrepreneurs, I have found that in the early afternoon there is always a lull in work, productivity and creativity. Instead of harping on it, you can take this opportunity to get to the gym and get your workout in.

Evening Workouts

Like I said above, my best workouts are usually in the evening. They are a great way to work through the stress of the day. Some potential downsides for leaving your workout last is that you may be inclined to skip it sometimes if you have other engagements to attend to. Work functions, parties, dates – these things have a habit of convincing you to skip your workout for the evening.

How Do You Choose When to Work Out?

That's easy. When do you have free time? When can you spare 30 minutes to an hour (plus drive and change time) to get to the gym and kill it? It is best to pick one time every day and stick with it but sometimes life gets in the way and you have to improvise. Or sometimes you want to hit the gym twice per day. Either way, establish your gym routine firmly in your mind so that you are not inclined to miss a workout. Hitting the gym is just like eating a meal, it's something you do everyday and just have to pick the right time.

THE LIFTS TO FOCUS ON

There are only about 8 exercises that you will need to focus on. The beauty is that there is an almost endless amount of variations of these exercises.

Deadlifts

Squats

Bench Press

Pullups / Chinups

Shoulder Press

Curls

Triceps Extensions

Rows

These are just about the only exercises there are. Everything is a combination or a variation of these. These are the exercises that give the most bang for the buck. They build the most strength, they allow you to go the heaviest and they hit the most muscle groups.

To develop the Body of a Spartan we will focus on these exercises. First and foremost, we want to develop strength. To do that we will lift heavy weights. Remember, heavy is relative, but puny weights are puny weights no matter who you are. If you can lift a certain weight 10 times or more it is light. If you can lift a weight between 6-10 times it is moderate. If you can lift a weight between 1-5 times it is heavy.

The goal is to lift heavy, to lift more than you did the last time. The goal is to push beyond the normal and ordinary. The goal is to push past what you thought was possible. The goal is to be able to lift a weight you never thought you would be able to lift.

For *Body of a Spartan* we aren't going to bullshit around with training one bodypart per day, once per week. We aren't going to bullshit around and train one lift once per week. We aren't going to bullshit around and cry about overtraining.

We are going to lift some fucking weights.

You can expect to do some form of each exercise above 1-3 times per week, or even more.

You can expect to hit each muscle group 1-3 times per week, or even more.

Working a muscle group one time per week as a natural is simply not enough. Natural trainers need more stimulation, not less stimulation. Your muscles aren't going to get anywhere being worked once per week.

Can you use machines?

Machines are great if you are injured and need to rehab a muscle or if you are using muscle building drugs.

If you are not one of the two above then most machines are a complete and total waste of your time. Lifting iron, heavy iron, is how a natural trainer builds a physique.

Note: Bodyweight exercises like pushups and pull-ups are phenomenal for development.

Remember, exercises that hit the most muscle groups are the best. Nonsense like triceps pushdowns on a machine are a complete waste of your time (if you are natural).

How can you recover from hitting a muscle group 3 times per week?

Recovery is much easier because you will not be blasting each muscle group like you would with a bodybuilding style routine.

You will be focusing on the exercises, and the strength, more so than on pumping the muscle. The pump is great, but for a natural you will need to focus on the strength even more.

We will work more with low reps, in the 1-5 range, which makes recovery easier and there is less soreness.

Something magical happens when you focus on strength exercises with low rest periods.

What happens?

You burn fat. You get lean. Your body becomes hard. You get vascular.

Yes, friend, I mean that you can get ripped, lean and HARD while using repetitions of ONE!

Forget all the baloney you have read in bodybuilding magazines and websites, low reps and short rest periods work EXTREMELY well for building a Spartan physique.

THE SPARTAN WORKOUT

The Spartan workout is, you guessed it, spartan and simple.

The Spartan workout is also fluid. That means you will have a lot of choices to make. Rather than being stuck in a rut in a highly calculated routine, you will go by feel.

Your daily workouts will be 1-2 main exercises and 1-4 supplemental exercises.

For your 1-2 main exercises you have two choices to make. Your choice will be to use single repetitions or 5 repetitions for each set. Both singles and repetitions of 5 need to be done on the Spartan routine.

The goal is to build strength, burn bodyfat, build broad shoulders, thick chest, wide back, thick arms, tight waist and muscular thighs.

MAIN EXERCISES

The main exercises are done specifically to increase strength. Strength does a funny thing though, it adds muscle and burns fat.

The main exercises are to be done heavy. This means repetitions of between 1-5.

Main exercises for back:

Deadlift, Bent Rows, Chin-ups

Main exercise for chest:

Flat Barbell Bench Press

Main Exercise for shoulders:

Military Press, Push Press, Behind the Neck Push Press

Main exercise for biceps:

Barbell Curls, Cheat Curls

Main exercise for Triceps:

Close Grip Bench Press

Main exercise for legs:

Squats, Front Squats

You can build your workout around any of the above cited exercises.

The main exercises should always be done at the beginning of the workout. Again, these exercises are done for strength. The goal is to lift AS HEAVY AS POSSIBLE. If you can lift a weight for more than 5 repetitions it is not heavy enough.

Each bodypart should be worked 2-3 times per week. Because we aren't doing a standard bodybuilding workout where we blast the bi's with 16 sets you will not a) get as sore and b) need as much recovery time.

For many of the main exercises you will focus on using 1 repetition per set (these are called singles). To pick the weight you will use for singles you will want to work up to the heaviest weight you can handle for one repetition. This is called your one rep max. Your one rep max will likely change from day to day.

To perform an exercise using one rep you will want to pick a very heavy weight (90% of your one-rep max for the day) and perform 10 singles with one minute rest between sets.

For example: The singles routine

Today is your squat day. You warmup up with 135 lbs for 5 repetitions. Next, you add 30 lbs and do one repetition at 165 lbs. You continue to add 15-30 lbs per set until you reach a one rep maximum for the day.

You work up to a one rep max of 315 lbs in the squat exercise. You were able to fully squat 315 lbs but you don't feel you could make even 5 more lbs. Next you will perform 10 singles at 90% of your one rep max (in this case, 315 lbs). To perform 10 singles you will use your trusty cell phone calculator and multiply $315 \times .90$ to get 90% of your one rep max. 90% of 315 lbs is 283.5 lbs. Since there are no weight plates that will equal 283.5 lbs you can either use 280 lbs or 285 lbs for your worksets.

Say you have decided to use 285 lbs for your worksets. You will un-rack the weight, squat to the floor and back up again, and then re-rack the weight. You will wait NO LONGER than one minute to perform another single with the exact same weight. You will do this exactly 10 times. That will be 10 singles at one minute rest.

You have now completed 10 one rep sets, plus your one rep max, plus all your warmup sets and you have been in the gym not longer than 20 minutes.

For example: The 5 rep routine (5X5)

In this example, today will be your bench press day. Your goal for the day is to use 5 repetitions per set for a total of 5 sets. Your first set is your warmup. You use 135 lbs for 5 reps. Next set, you add 15-30 lbs and perform 5 repetitions. Next set you add 15-30 lbs for 5 repetitions. Next set you add 15-30 lbs and perform 5 repetitions. You feel you cannot add any weight and perform 5 repetitions so you stick with the same weight for your 5th set. (Note: You will have to go by feel when you determined how much weight to add to each set).

Broken down, it looks like this:

1st set: 135 lbs, 5 repetitions

2nd set: 165 lbs, 5 repetitions

3rd set: 195 lbs, 5 repetitions

4th set: 215 lbs, 5 repetitions

5th set: 215 lbs, 5 repetitions

This is where most 5x5 routines have you give up. Not the Spartan routine!

After your 5th set of 5 repetitions you will continue to add weight and perform singles only. You may only be able to perform 1-3 sets, or maybe more, but you will continue to add weight to each set and perform a single until you feel you have reached your limit.

Example:

6th set: 225 lbs, 1 rep

7th set: 235 lbs, 1 rep

8th set: 245 lbs, 1 rep

At this point you feel you will not be able to add weight and complete a single repetition. Now it is time to move on to a different exercise.

SUPPLEMENTAL EXERCISES

Your supplemental exercises are your muscle shaping and pumping exercises. Supplemental exercises aren't done for strength necessarily, they are done for repetition and concentration on the muscle being worked.

Supplemental exercises can be performed in sets of 2-5, and done for repetitions of between 8-12. Remember, you want to use as heavy a weight as possible while maintaining form. Unlike your main exercise (in which you go balls to the wall), form is important for your supplemental.

An example of a supplemental exercise would be dumbbell flies. Flies are a light movement that make the chest wide. In this example, you will grab a pair of 30 lbs dumbbells and perform 3 sets of dumbbell flies to near failure. In this case you get 12 reps on your first set, 10 reps on your second set, and 9 reps on your third and last set.

Supplemental exercises should be done AFTER your main strength exercises.

How do you pick which supplemental exercises to do?

Look in the mirror and find your specific weak points. These are the areas that will require the most attention.

All the big muscles will be covered by the main exercises, but each person will have areas that need more attention and improvement.

Narrow shouldered fellas will want to add extra attention to the shoulders to make them appear wider.

Small arm fellas will want to add attention and detail to their arms.

Bird chest fellas will want to add attention to the chest.

Pencil necks will need to add in neck bridges.

Note: All exercises are pictured in a later chapter and will say specifically if they are to be used as a main exercise or a supplemental exercise. Remember: Main exercises are done first for 1-5 reps. Supplemental exercises are done second for 8-15 repetitions.

Let's take a look at the exercises...

THE DEADLIFT (MAIN)

The deadlift is my personal favorite exercise. The deadlift hits more muscle groups than any other lift. And you can use a monstrous amount of weight.

The deadlift is exactly what it sounds like: Lift a weight off the ground from a dead standstill.

Deadlifting will work your back, legs, glutes, forearms, and traps. Basically, deadlifting will make your entire body strong.

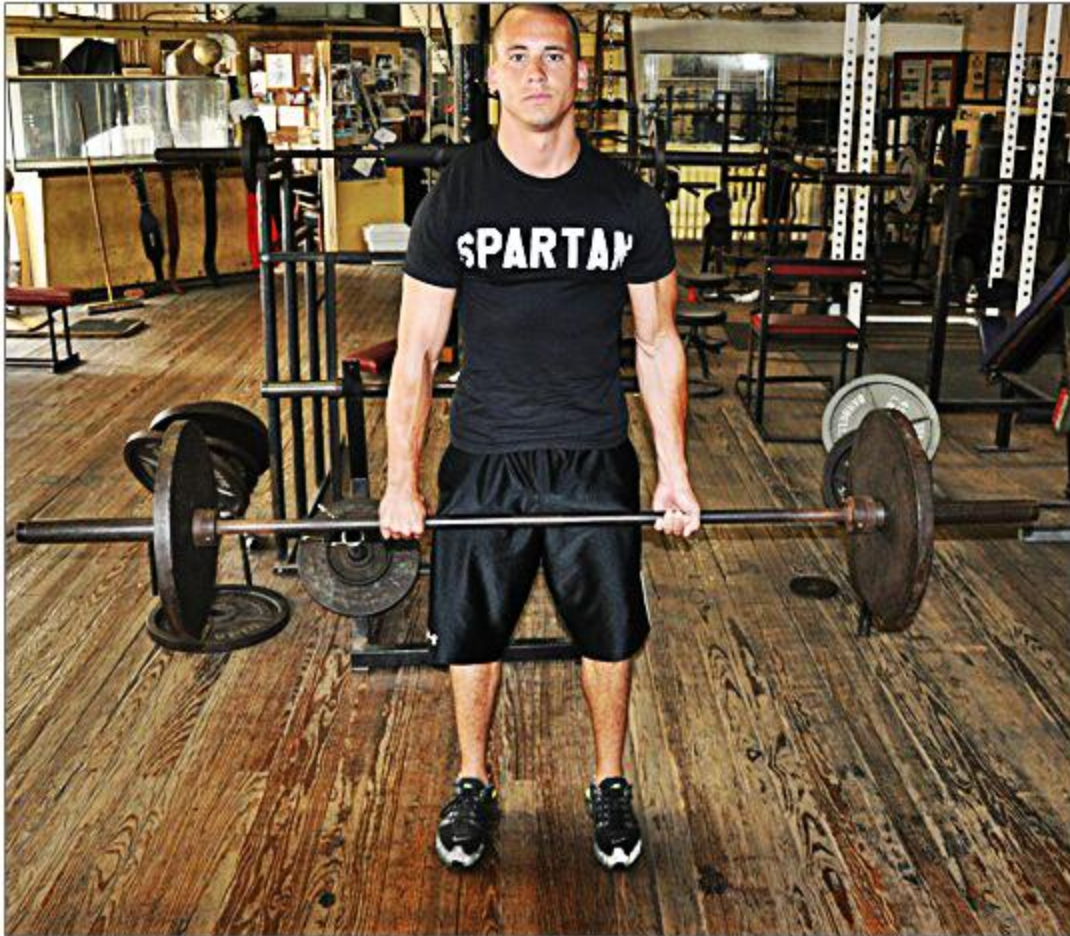


Pictured: Deadlift starting position

Start with a loaded barbell.

Place feet about shoulder width and grab the bar with an overhand/underhand grip just outside of your foot stance. You will use an overhand/underhand grip because a double overhand grip will give out when you use heavy weights (unless you use lifting straps).

Keep your head level, eyes level, bend at the knees and lift the bar from a dead standstill, making sure not to round your back.



Pictured: Deadlift

The deadlift is a strength exercise. That means you need to go HEAVY. The deadlift should be done using LOW repetitions. No more than 5 repetitions. Doing deadlifts for a set of 10 is a complete waste of time.

Remember, if you aren't going heavy on deads you are WASTING YOUR TIME. Deadlifting builds strength.

If you are new to weightlifting you can start with a light weight to get the form down correctly. When you have the form down it is time to go heavy.

Deadlifting can be done once or twice per week for optimal results.

Fear of the Deadlift

There is almost no other exercise in existence that scares men more than the deadlift.

“Oh, I never lift heavy on deads. I want to save my back. I Don’t want to hurt my back. Oh, deadlifting is bad for the back. Boo hoo.”

You know what is bad for the back?

HAVING A WEAK BACK!

When you deadlift often and heavy your back becomes strong. Which is easier to hurt, a strong back or a weak back?

DEADLIFT VARIATIONS

There are several ways to make the deadlift even deadlier. All the deadlift variations have their place in *Body of a Spartan*.

RACK DEADS (MAIN)

Rack deads are where you deadlift from a rack at about knee level rather than from the ground,



Pictured: Rack Deadlift starting position

Start with a heavy weight at knee level, keep feet stance and hand spacing the same as with normal deadlifts, and lift with the legs.

Rack deadlifts will allow you to use a much heavier weight than you could use from the floor. Rack deads will help tremendously with developing the upper back and will give you whole body strength, allowing you to deadlift more than you normally would be able to. Rack deadlifts are essential. Rack deads do not have to be performed very often. You can get benefit from doing them once per week to once every 2-3 weeks.

GO HEAVY! You should be able to lift at least 100 lbs more on rack deadlifts than you are able to lift on a regular deadlift. Push it to the limit on rack deads, really get that weight up. Use a weight belt and wrist straps to help get more weight up.



Pictured: Rack Deadlifts

STIFF LEGGED DEADLIFTS (SUPPLEMENTAL)

Stiff legged deadlifts (SLD's) are exactly what they sound like: deadlift while keeping your legs stiff rather than bent. Stiff leg deadlifts are excellent for development of the lower back and the hamstrings.

Stiff legged deadlifts do not need to be performed heavy for maximum benefit. Repetitions of 5-15 are fine for SLD's.



Pictured: Stiff Legged Deadlift

Use a double overhand grip, lift the weight from the floor, keep your legs stiff and straight, lower the weight to the floor and back up again. Concentrate on the lower back and the hamstrings.

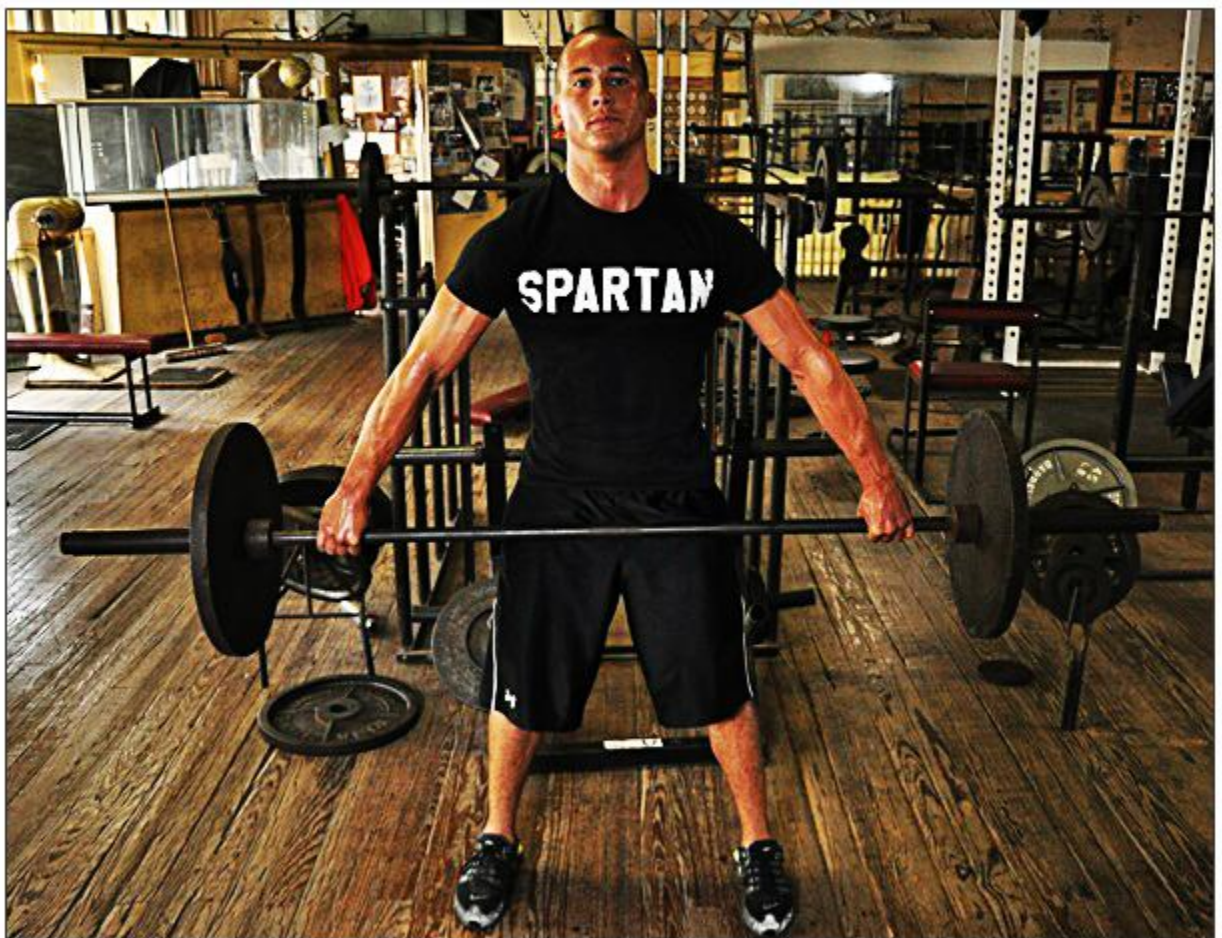
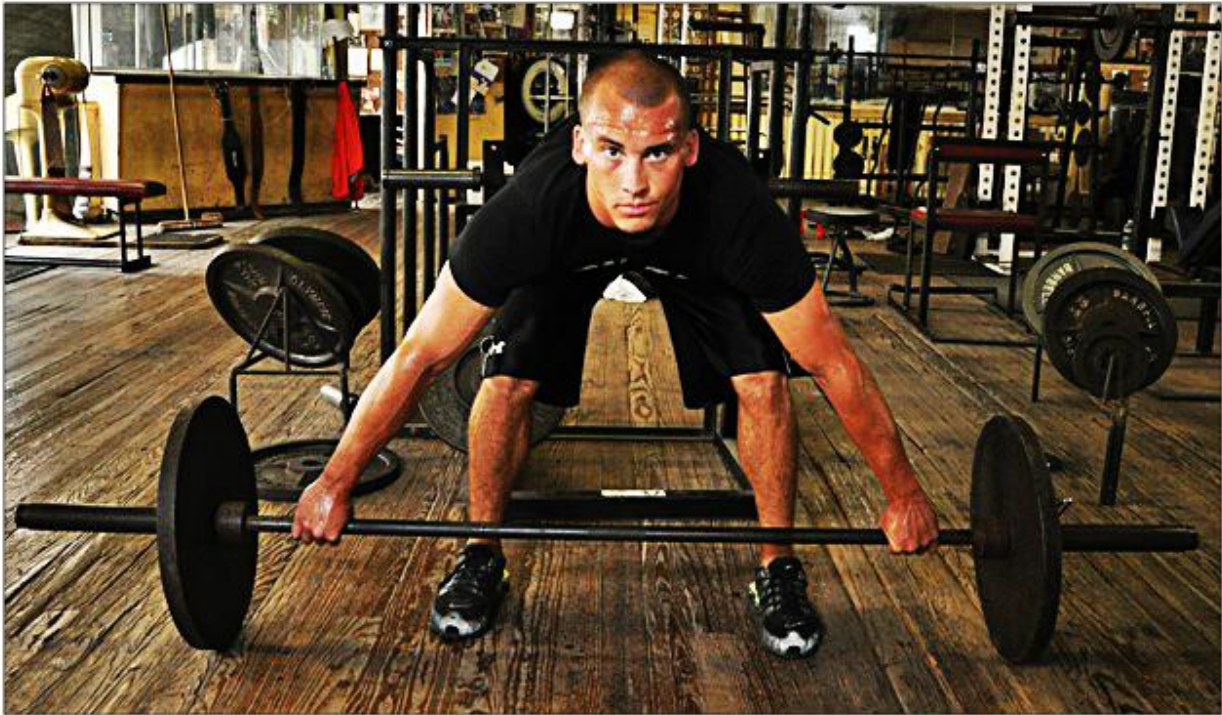
SNATCH GRIP DEADLIFTS (MAIN OR SUPPLEMENTAL)

Snatch grip is not as dirty as it sounds. Snatch grip simply means a wide grip.

A snatch grip deadlift is a fun way to break out of the normal routine and will also help tremendously to develop the trapezius muscles.

Snatch deads should be done heavy. No reason to go light or to try and get a bunch of repetitions. Go hard, go heavy, lift some weight.

Snatch deads are fun but non-essential lift. Use them whenever you want a break from the normal.

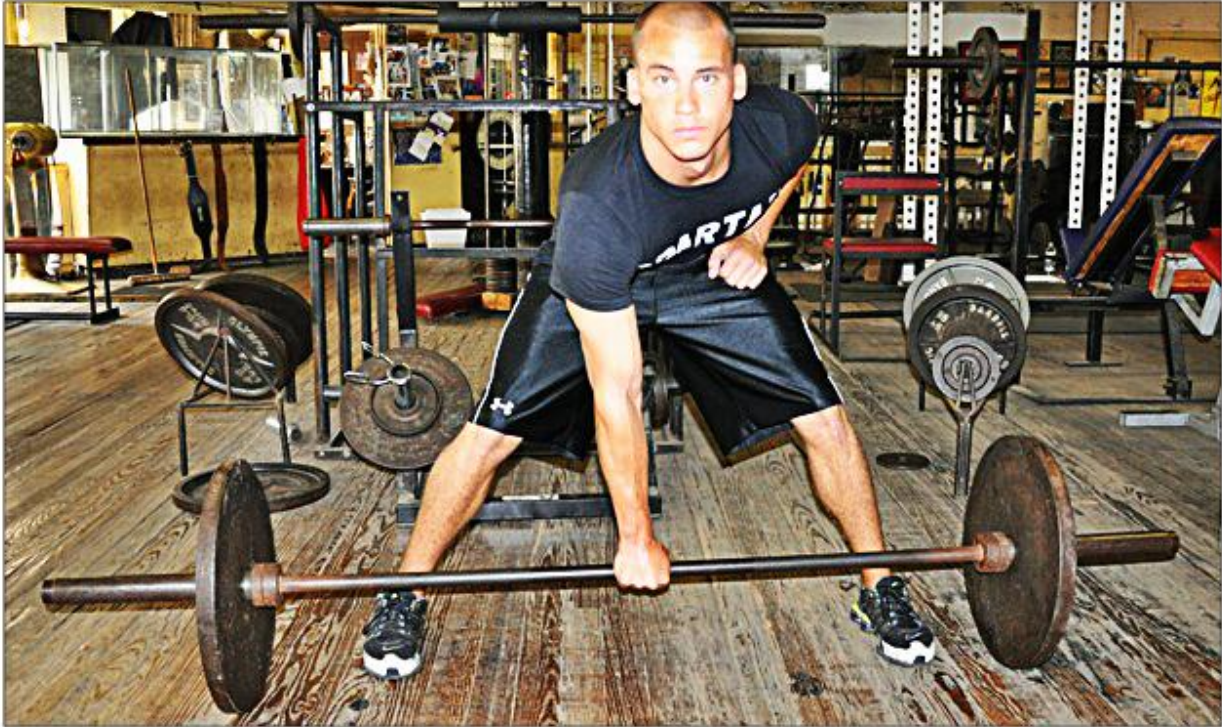


Pictured: Snatch grip deadlifts

ONE ARMED DEADLIFTS (MAIN OR SUPPLEMENTAL)

Again, One armed deadlifts are exactly what they sound like. Deadlifting with one arm/hand rather than with both arms and hands.

One arm deads are great for building unilateral strength.



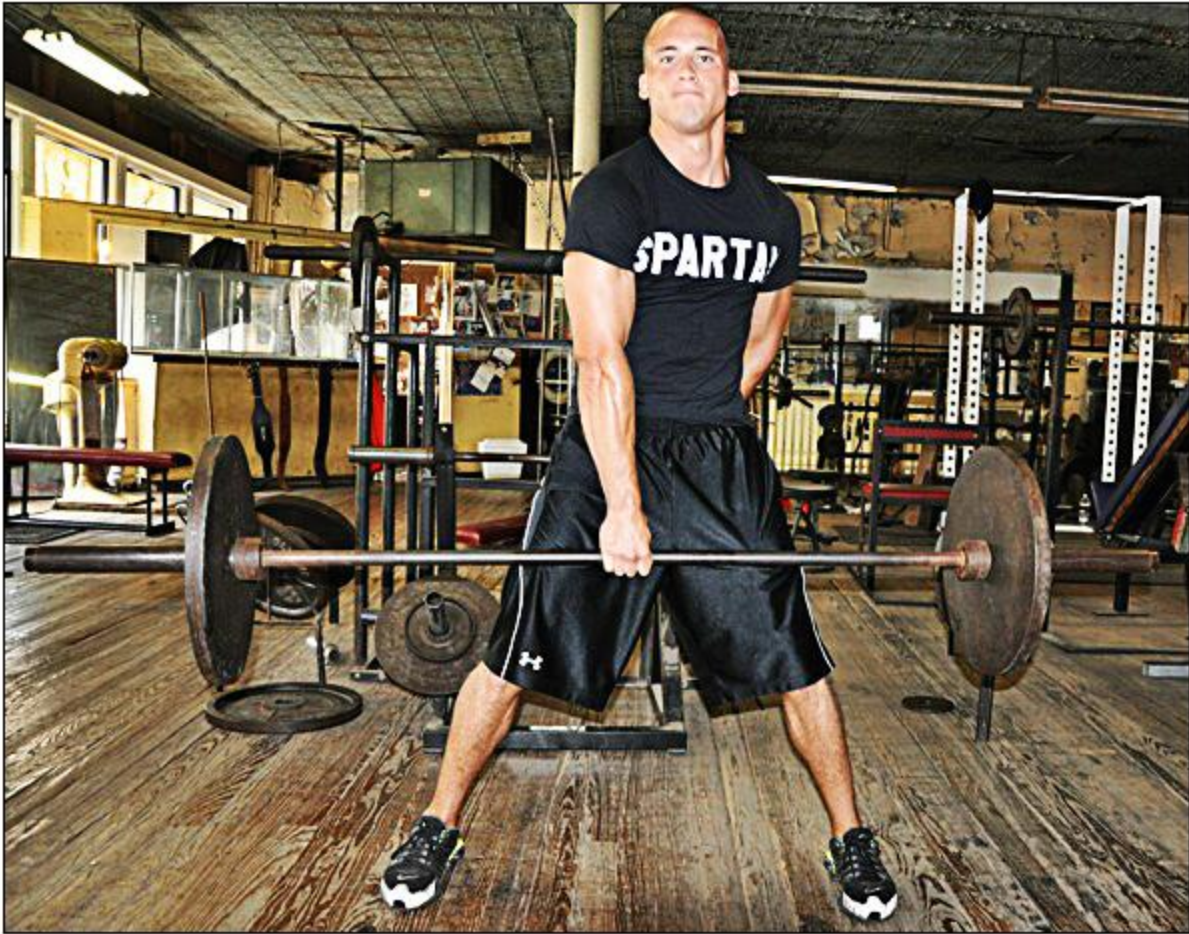
Pictured: One Armed Deads Starting Position

Start with a wider than normal stance, called a Sumo stance, and grab the barbell directly in the middle. Bend at the knees and lift the weight.

Weight straps are essential for this exercise. This is a heavy exercise, there is no reason to go light or to try and get a ton of reps. Go heavy, heavy, heavy. Use wrist straps when your grip starts to fail you, and it will if you are going heavy.

One armed deads are a fun but non-essential lift. Use them whenever you want a break from the ordinary (and when you want to impress all the cardio bunnies).

For best results, you can one arm deadlift after your normal deadlift routine when you are at your strongest.



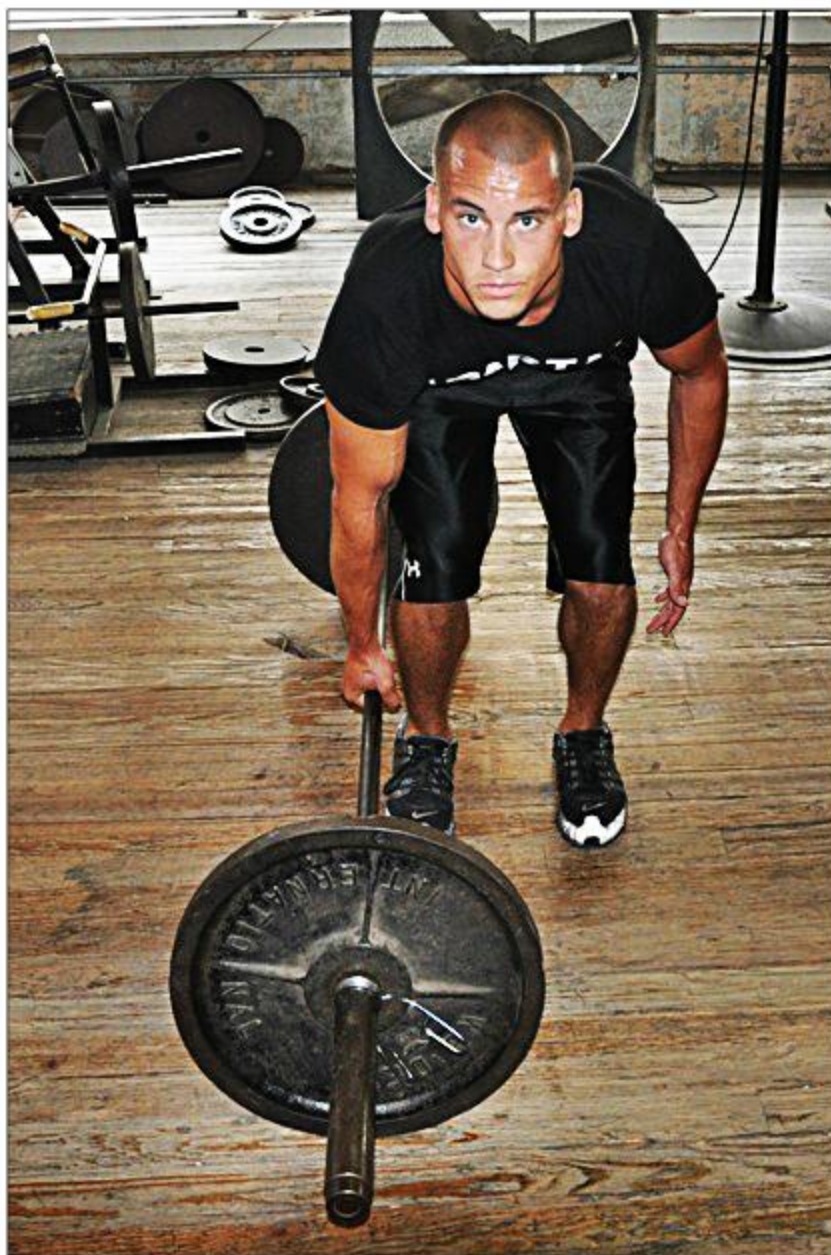
Pictured: One Arm Deadlift

SUITCASE DEADLIFTS (MAIN OR SUPPLEMENTAL)

Suitcase deadlifts are yet another deadlift variation. Load up a heavy barbell, stand to the side and pick it up with one arm like you would pick up a suitcase.

Suitcase deads should be done heavy. As heavy as you can.

At a certain point you will probably need to use wrist straps to handle all the weight.



Pictured: Suitcase Deadlift Starting Position

Bend at the knees, keep your head and neck up, keep back straight and not rounded, lift with the legs.



Pictured: Suitcase Deadlifts

SQUATS (MAIN)

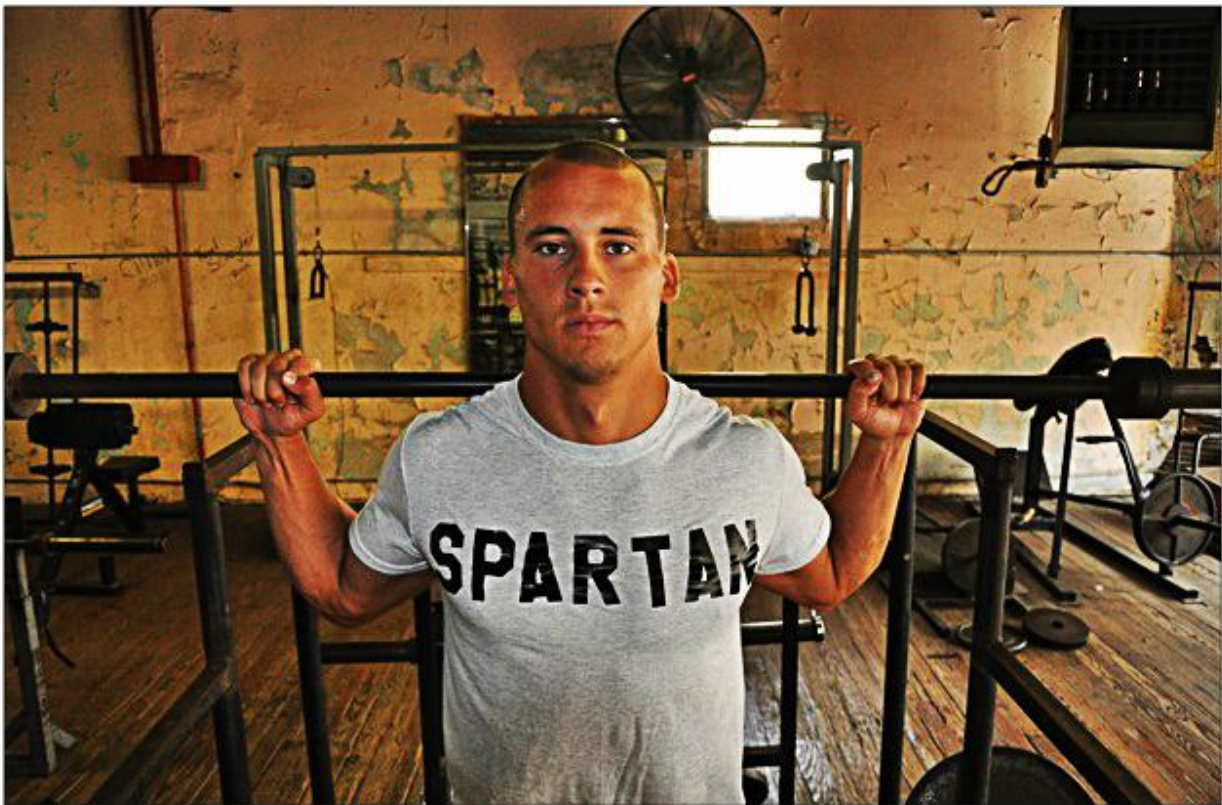
Squats are the Queen to the Deadlifts King. Squats are an essential strength and muscle building exercise. Squats are a must-do exercise.

Squats work the legs, as well as strengthening the whole body. Squats can be done heavy (reps of 1-5) and squats can be done as a high-rep exercise.

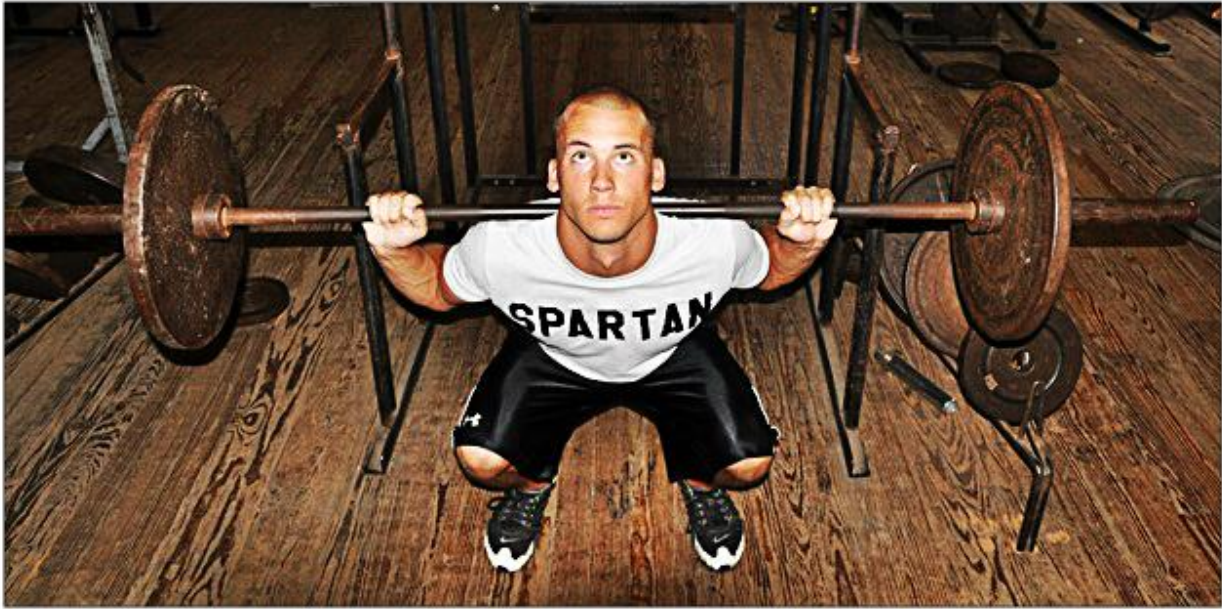
New trainers should focus on higher rep squats to get the form down, build some muscle in the legs and back, and to develop the lungs. High rep squats will make you breathe, breathe and then breathe some more.

Squats can be performed many different ways. For *Body of a Spartan* we will focus on Olympic squats.

Olympic Squats are performed with a shoulder width stance, the barbell is placed across the top of the back on the trapezius muscle, take a grip on the bar as close as you can (preferably inside the rings on the bar) and you will squat all the way to the floor and back up.



Pictured: Squat Barbell Placement on the Shoulders



Pictured: Barbell Squat

When squatting you will want to keep your eyes forward, never look down, focus on an object in front of you and keep your eyes locked on it. You don't necessarily need to look up, just forward.

Squat to the ground in a full squat position, don't squat halfway, or "Parallel". A full squat is done all the way to the ground and back up. Imagine you are camping in a forest with no bathroom facilities and you must squat to use the restroom – squat that low when you are in the gym.

Squats (or squat variations) should be performed 3 times per week minimum.

To get the proper foot placement here is a little trick: Jump up in the air as high as you can. Where your feet land should be your foot position when you squat.

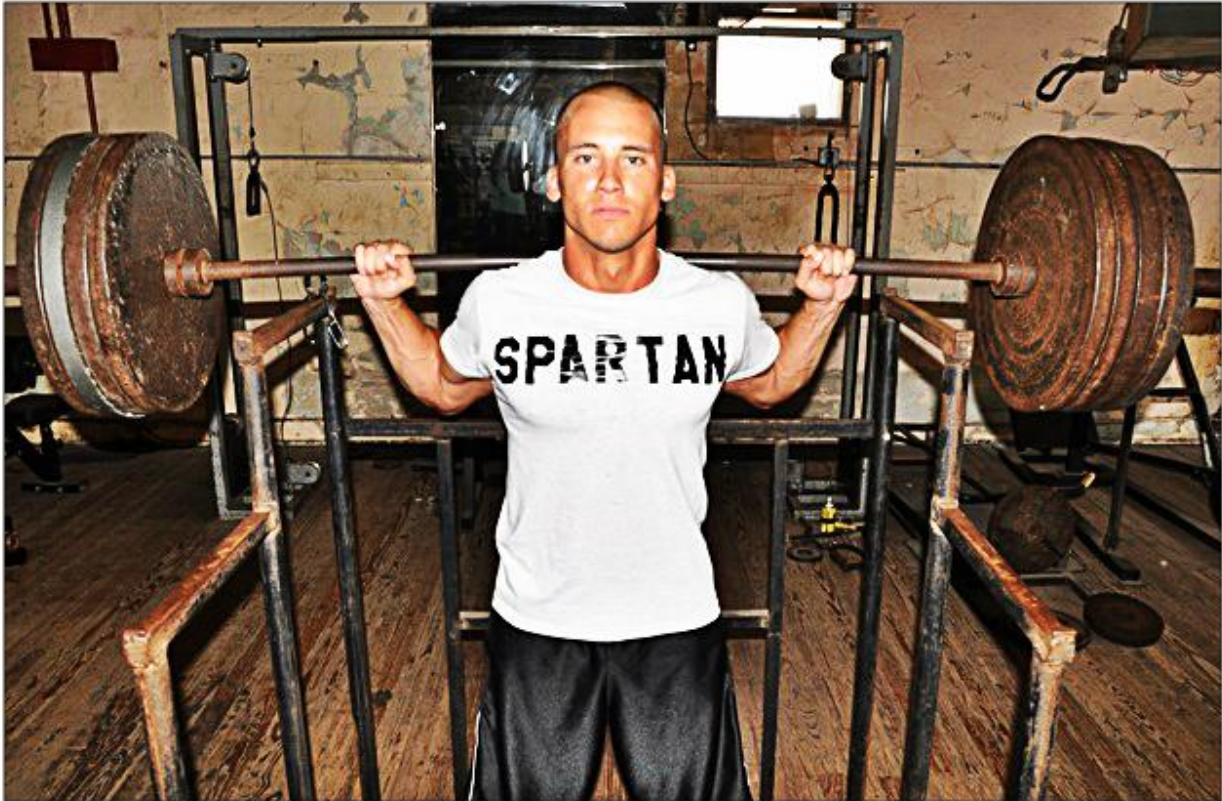
SQUAT VARIATIONS

Like the deadlift, the squat has many variations. Doing the same exercise all the time is boring, it's nice to change it up. Using variations of the squat will also give you better development and increased strength.

HEAVY SQUAT LOCKOUTS (MAIN OR SUPPLEMENTAL)

Heavy squat lockouts are excellent for building whole body strength. Heavy squat lockouts will allow you to use heavier weights on your normal squat routine.

To perform heavy squat lockouts you will want to load up a barbell HEAVY and simply lift it up a few inches. The object is not to do a full squat, the object is to prepare your body for massively heavy weights.



Pictured: Heavy Squat Lockouts

Squat lockouts must be done HEAVY. If you aren't going heavy you are wasting your time. Think 400, 500, 600, 700 lbs heavy.

Heavy squat lockouts will make your entire body strong. Don't be scared to get under the weight, that's what those safety bars are for.

FRONT SQUATS (MAIN)

Front squats are performed with the barbell resting across your upper chest and shoulders rather than across your back.

Front squats are excellent for full body strength and muscle development. They put more emphasis on the quadriceps (the front part of your thighs) and less emphasis on your glutes and hamstrings than a traditional squat does.



Pictured: Front Squats

Set up a barbell on a squat rack or power rack. You will lay the barbell across your upper chest and shoulders. You are not holding the bar with your hands, the bar is resting on your upper chest. Your hands are there simply for balance. Keep the elbows up.

Squat to the floor and back up again. Remember to do full squats to the floor, no half squats or partials. All the way down and back up again.

Feet placement should be at about shoulder width.

Front squats can be performed as 3 times per week or more.

Often I will squat 6 days per week. Back squat one day, front squat the next day, and so forth for 6 days.

JUMP SQUATS (MAIN OR SUPPLEMENTAL)

Squat jumps are a great conditioning exercise. They will help you burn off some of that nasty fat. They get heart the beating fast.

Squat jumps are exactly what they sound like. Get a weight on your back, squat it to the ground, and when you come back up you jump off the ground.



Pictured: Squat Jumps

Use the same foot and arm placement as you would with your olympic squats. The only difference with squat jumps is that you will jump as high as you can when you come up out of the squat position.

Squat jumps are more of a fat burning exercise rather than a strength and mass builder. They can be performed in repetitions of 5-10 for maximum fat burning. Jump squats can be performed once per week for maximum fat burning.

Squat jumps will scare a lot of men, but for no reason. They are not particularly dangerous but they are excellent for leg development, strength and conditioning.

THE BENCH PRESS

The bench press is the undisputed favorite exercise of gymrats across the globe, and for good reason: it looks cool and builds up your chest. There are many different variations of the bench press:

- Flat bench press
- Incline bench press
- Decline bench press
- Close grip bench press
- Reverse grip bench press
- Dumbbell bench press (flat, incline and decline)

Along with building the chest, the bench press will develop the shoulders and the triceps as well. The bench press is one of the all-time best upper body mass builders. The bench press, or one of its variations, can be performed 3 days per week.

FLAT BENCH (MAIN)

The flat barbell bench press is performed by lying on a flat bench, un-racking the weighted barbell, lowering it to the chest and back up again.



Pictured: Flat Bench Starting Position



Pictured: Flat Bench Press Bottom Position

For Chest development, you will want to grip the barbell with a wide grip. Lower the bar to your chest and press back up again.

Always touch the chest, if you don't touch the chest you aren't benchin', you are pretendin'.

The flat bench press can be performed heavy for low repetitions or light for high repetitions.

The flat bench press will develop the entirety of the chest and is a must-do exercise.

For maximum strength development the bench press should be performed in repetitions of 1-5.

For maximum size development the bench press should be performed in repetitions of 8-12.

Make sure to have a spotter when you are benching very heavy.

Never use collars (the things you put at either side of the barbell to keep the weights in place) for benching. If you get stuck with the weight on top of you and you can't move it you will want to be able to let the weight plates fall off of either side of the bar.

INCLINE BENCH PRESS (MAIN OR SUPPLEMENTAL)

The incline bench press is just like the flat bench press only it is performed in an inclined bench. The incline bench gives added resistance to the upper part of the chest to help develop that area more.

The incline bench press can be performed once per week (more if needed for upper chest development). The incline bench press does not need to be super heavy, aim for 5 repetitions or higher with each set of incline bench.



Pictured: Incline Bench Press Starting Position



Pictured: Incline Bench Press Bottom Position

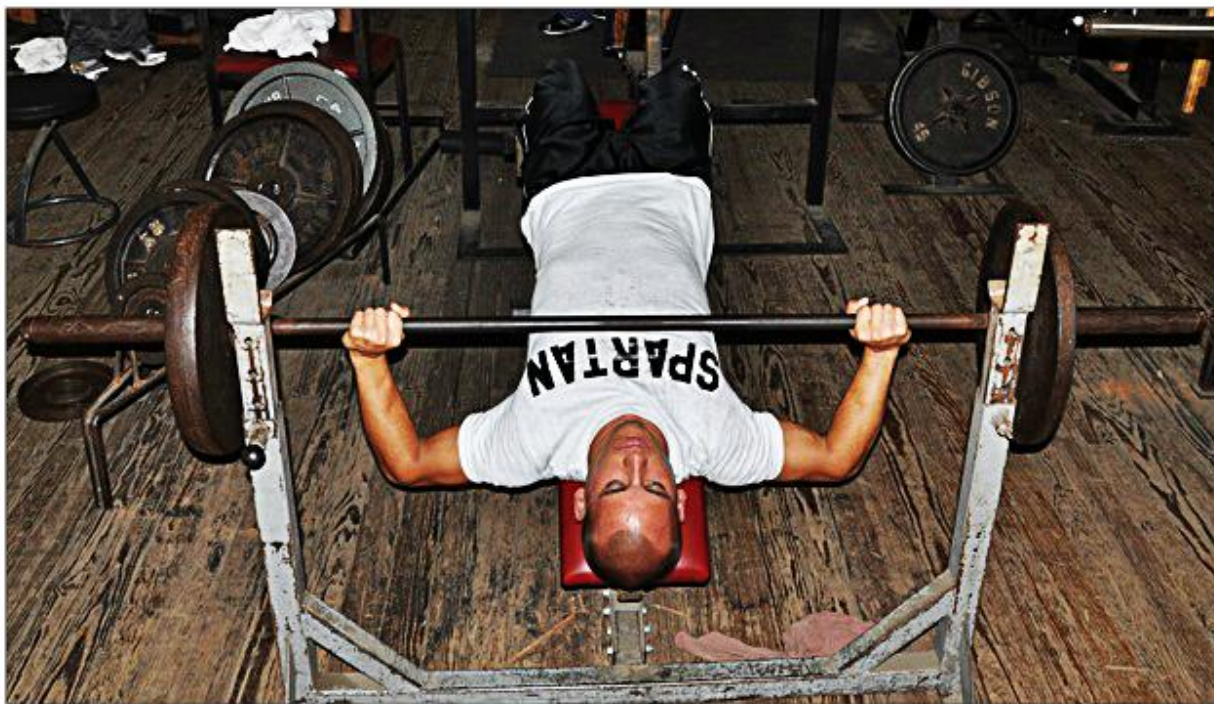
DECLINE BENCH PRESS (MAIN OR SUPPLEMENTAL)

The decline bench press is performed the same way as the flat bench and incline bench press. The difference is that decline bench press is performed on a declined bench.

The decline bench press will give added resistance to the bottom portion of the chest and help to fully bring out the chest.

Decline bench can be performed in repetitions of 5-12 for maximum benefit. There is no reason to go lower than 5 repetitions on the decline bench. Make sure you have a spotter if you are uncomfortable with the weight you are using. You don't want to be stuck in the bottom position on the decline bench with a heavy weight on top of you that you cannot move.

Decline bench press can be performed once per week (or more, or less) as needed.



Pictured: Decline Bench Press Bottom Position

REVERSE GRIP BENCH PRESS (MAIN OR SUPPLEMENTAL)

The reverse grip bench press is performed on a flat bench with a reversed grip. The reverse grip bench is excellent for triceps development and can take a lot of the strain off of the shoulders while benching.

Grab the barbell with a reverse grip about medium wide. Lower to the chest and back up again. Have a spot for heavy weights.

Reverse grip bench can be performed as often as needed or wanted. It is a nice way to break out of the normal routine and gain some strength in places you would not normally gain.



Pictured: Reverse Grip Bench Press Starting Position



Pictured: Reverse Grip Bench Press Bottom position

BENCHING WITH DUMBBELLS (MAIN OR SUPPLEMENTAL)

The bench press and its variations can also be performed with dumbbells rather than barbells. Dumbbells will give you a bigger stretch at the bottom, allowing for fuller development of the chest.



Pictured: Flat Dumbbell Bench Press

When benching with dumbbells be sure to give a full stretch at the bottom.

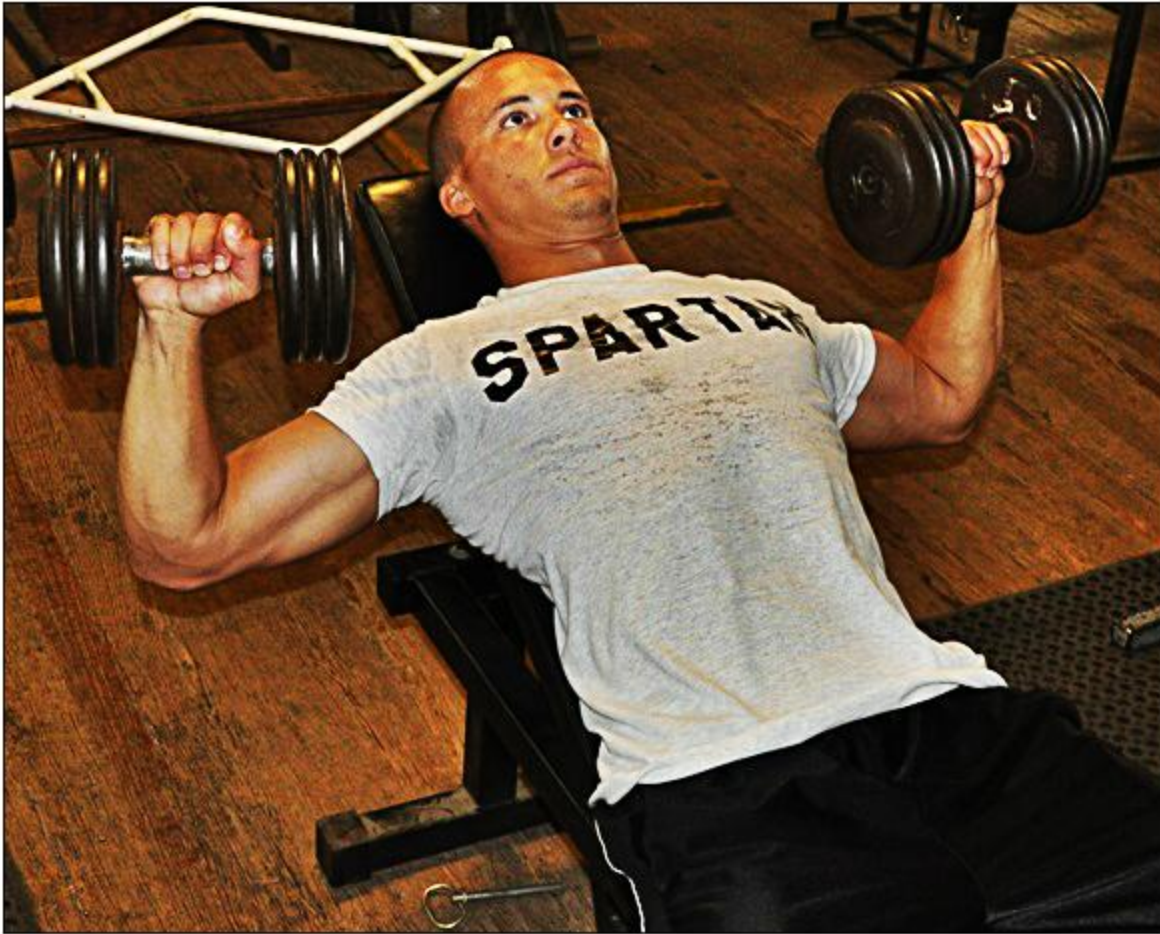
Dumbbell bench pressing does not need to be super heavy, aim for repetitions between 5-12. You will see a lot of guys touching the dumbbells together at the top of the movement, which is a waste of time. The object is to keep as much tension on the chest at all times to make it GROW. Up and down, up and down.



Pictured: Flat Dumbbell bench Press Bottom Position



Pictured: Incline Dumbbell Bench Press Top Position



Pictured: Incline Dumbbell Bench Press Bottom Position

OTHER CHEST EXERCISES

The chest is a big muscle group and, for some reason or another, is hard for a lot of guys to develop. So we will make sure and cover all the good chest exercises.

DIPS (SUPPLEMENTAL)

Dips are excellent for some and no good for others. Some will be able to develop a chest using dips and some won't. Personally, dips hurt my shoulders and I rarely do them. It will take experimentation to see if they work for you.

On the parallel dip bars, lower yourself as far as you can comfortable go and back up again.

Do as many repetitions as you can do. If you can easily do more than 20 you can strap a weight to your waist for added resistance.

Dips are also an effective for developing the triceps and shoulders.



Pictured: Dips Bottom Position



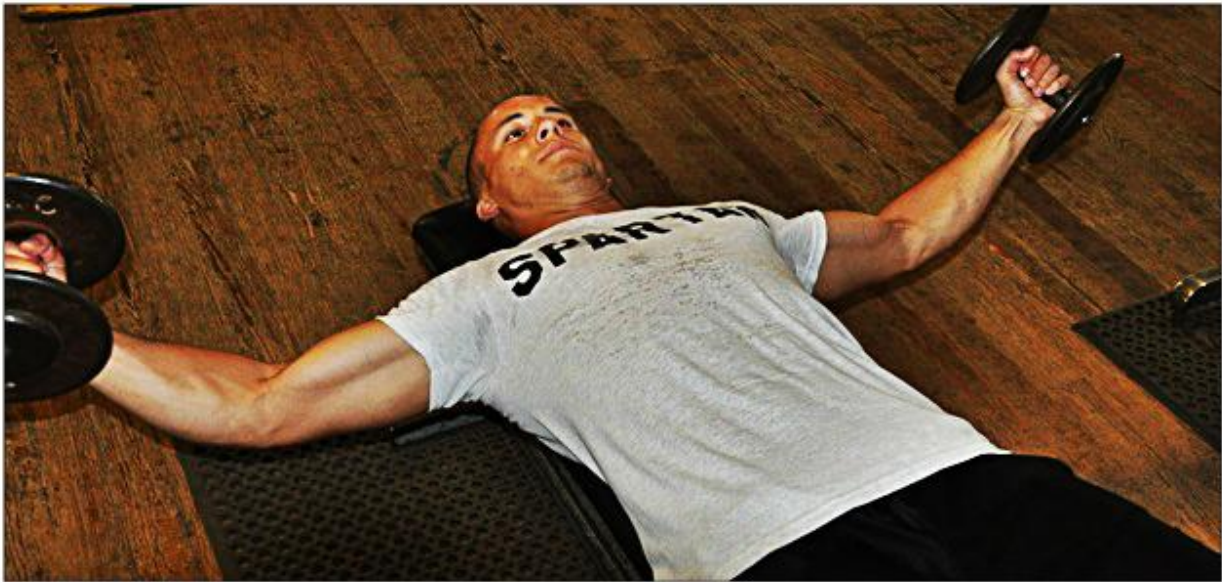
Pictured: Dips Top Position

DUMBBELL FLIES (SUPPLEMENTAL)

Dumbbell flies (short for butterfly) are highly effective for developing the width of the chest.

Lay on a flat bench and grab a pair of medium to light dumbbells. Lower the dumbbells to your sides as low as you can, almost touching the ground, bring them back up again but do not touch the dumbbells at the top of the movement. Stop them when they are about 8 inches apart and

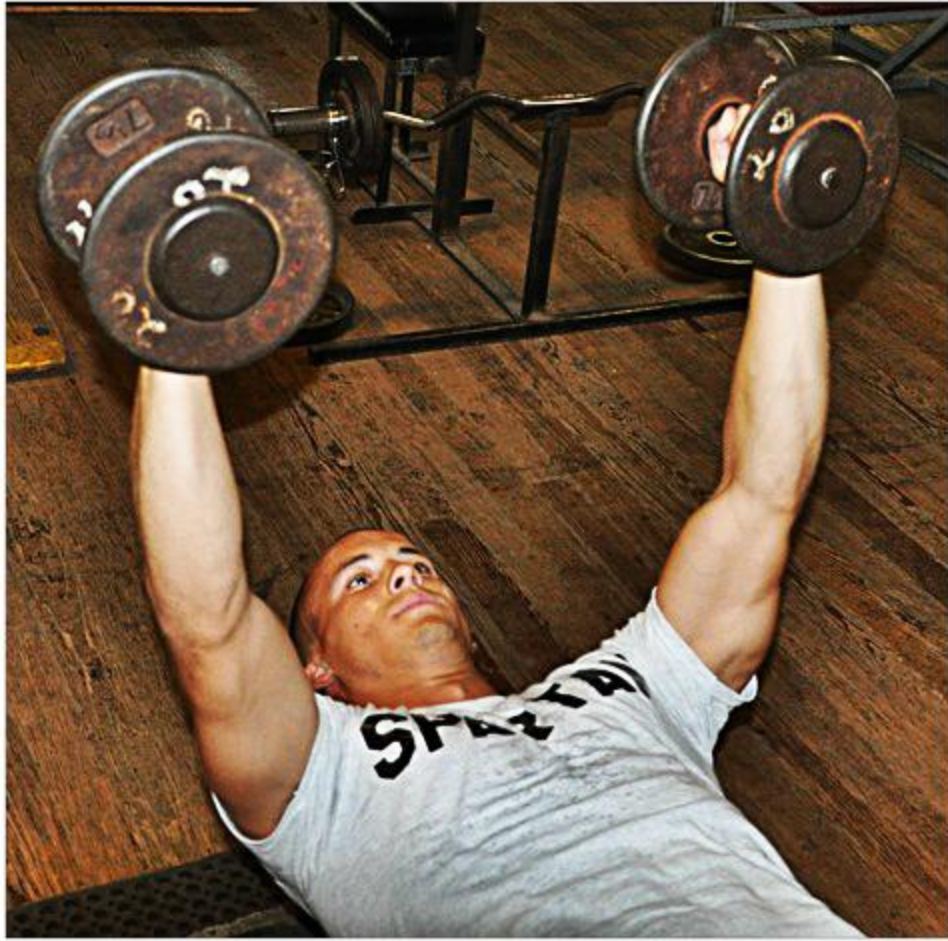
lower the dumbbells again. This method was developed by a little known bodybuilder called Arnold Schwarzenegger.



Pictured: Dumbbell Flies Bottom Position

Dumbbell flies do not need to be performed very heavy for them to be effective. Aim for about 8-12 repetitions and concentrate on the movement.

Dumbbell flies can be performed as often as 3 times per week, or less, depending on chest development required.

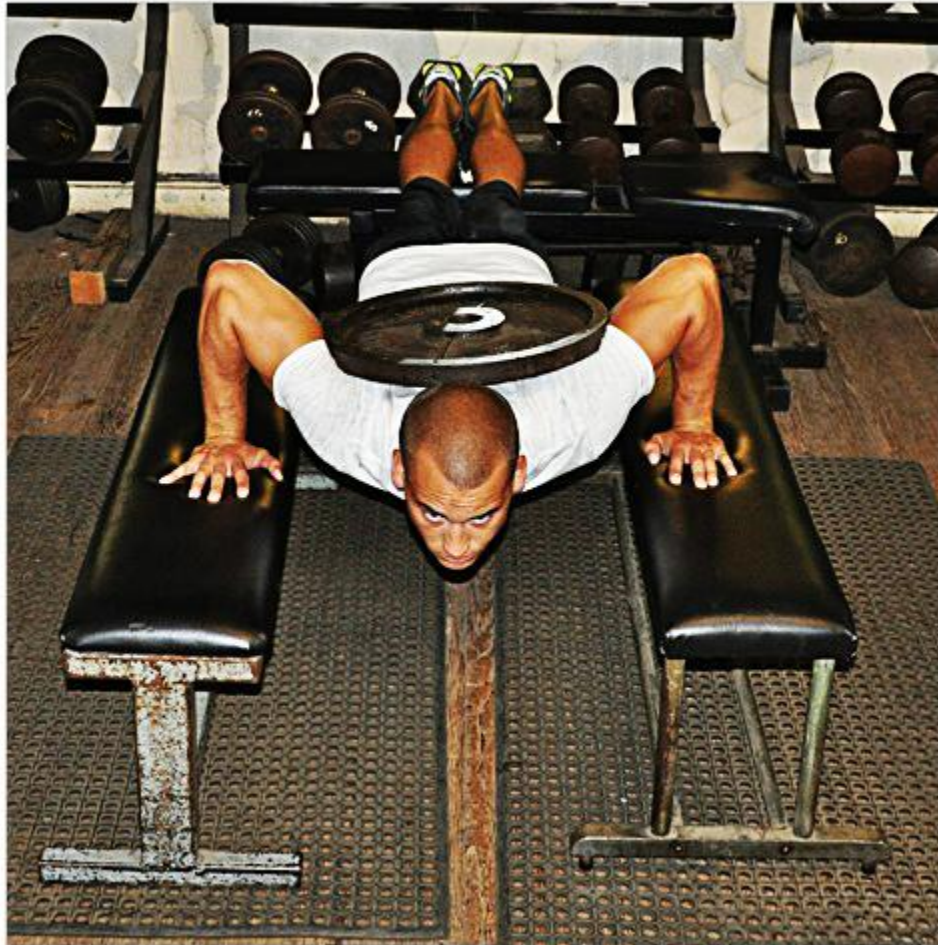


Pictured: Dumbbell Flies Top Position

WEIGHTED PUSHUPS BETWEEN BENCHES (SUPPLEMENTAL)

Weighted pushups between two benches is a man maker. They will develop the chest, shoulders, triceps and abdominals.

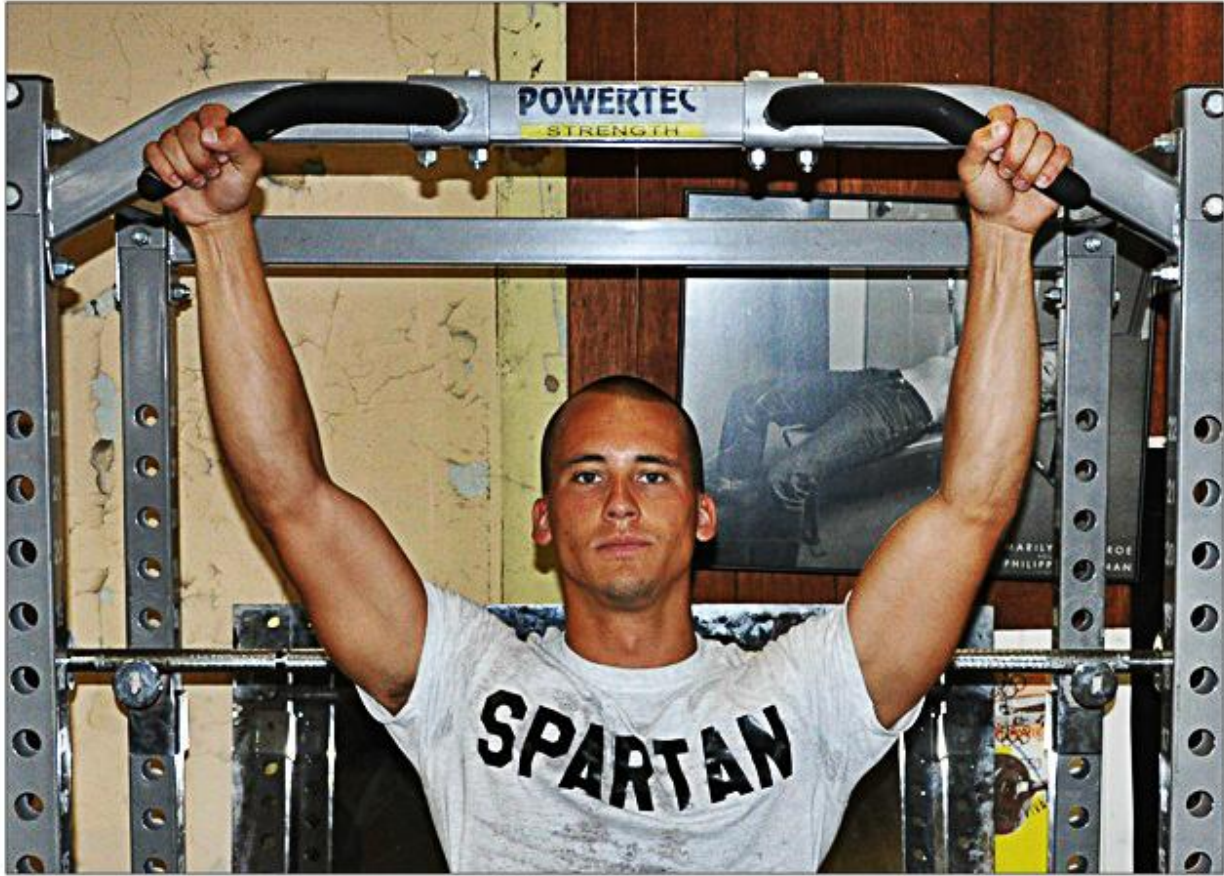
Situate yourself between two benches, have your gym partner or a random gym-goer place a weight on top of your back and perform as many pushups as you can. Aim for 3 sets of as many repetitions as you can do.



Pictured: Weighted Pushups Between Two Benches

PULLUPS & CHINUPS (MAIN OR SUPPLEMENTAL)

Pullups are must-do exercises for development of the back (lats) and the biceps. They will also develop strength and conditioning. There are also many variations to perform.



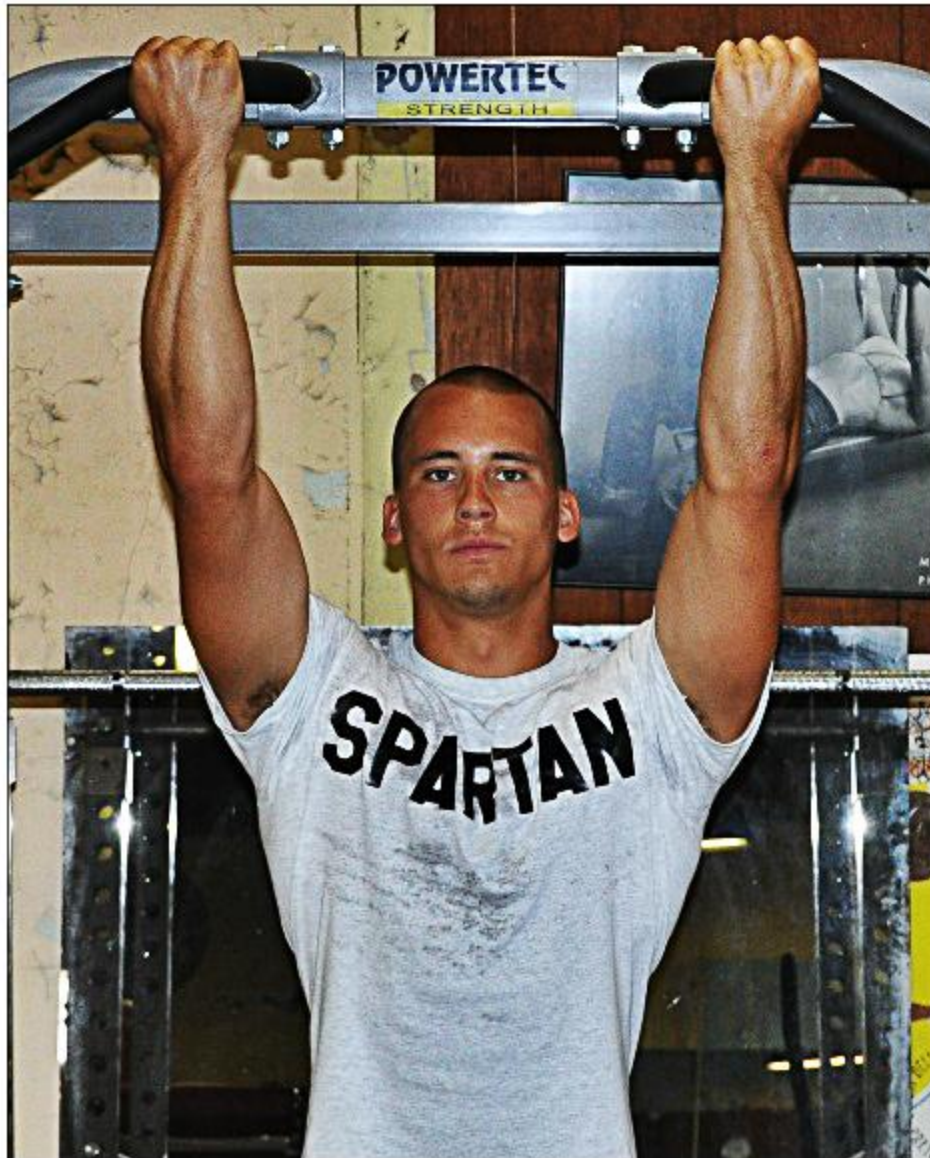
Pictured: Pullups

Pullups are performed with an overhand grip. Pullups will develop the lats, giving you a v-taper, and they will also help to develop your biceps.

Pullups should be performed strictly for your first several repetitions, when you start to get tired and week you can introduce a little body-english (cheating) and bang out some more reps until you cannot do anymore. Aim for 5 sets of as many repetitions as you can do.

Pullups can be performed very, very often. Aim for at least 3 days per week, or more of you want to.

When you are able to perform 10-15 repetitions with ease you can add weight using a weight belt or you can hold a dumbbell between your feet.



Pictured: Chinups

Chinups are performed with an underhand grip and will put more emphasis on the biceps than pull-ups will.

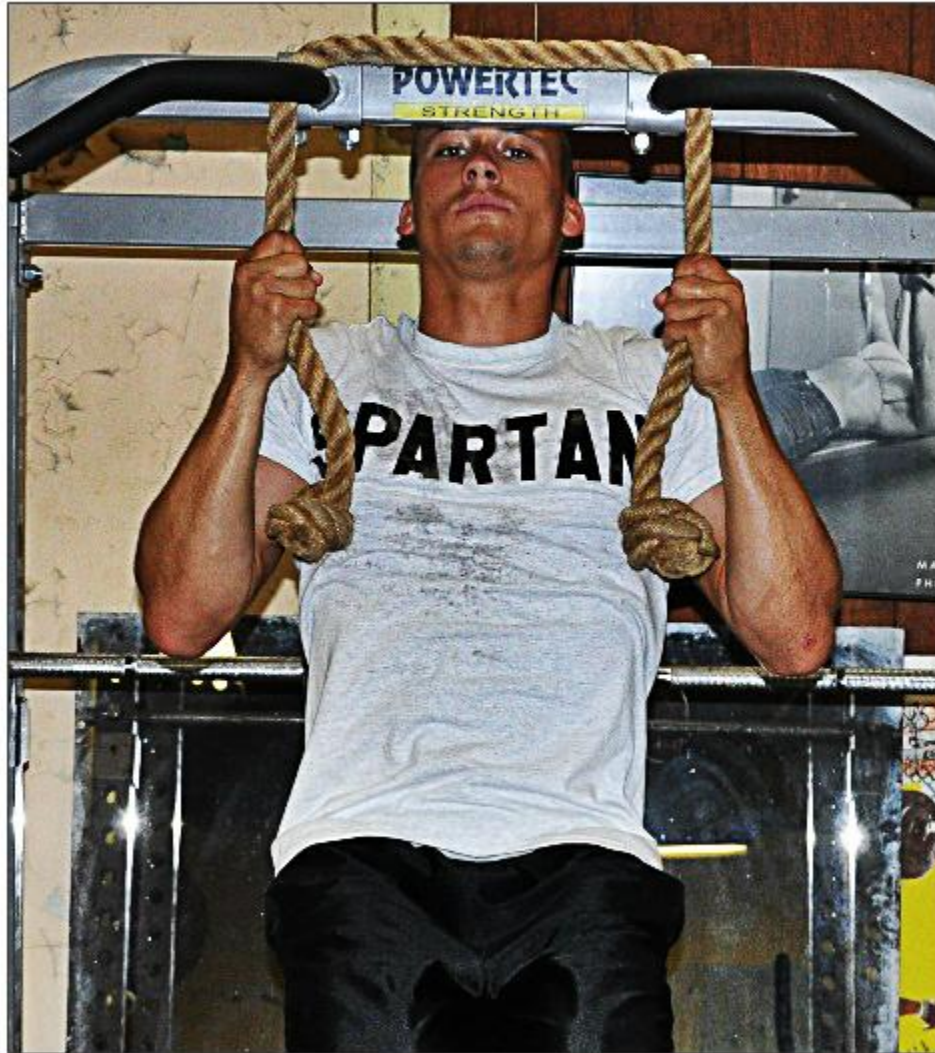
In my opinion, pull-ups are much better for development than chin-ups. However, chin-ups should have a place in every mans routine. When you can perform 10-15 repetitions with ease you can add weight with a weight belt or a dumbbell between your feet.

PULLUP & CHINUP VARIATIONS

Like all the other exercises on our list, pull-ups and chin-ups have many variations. Using the variations will help to develop tremendous strength and muscle.

ROPE PULLUPS (SUPPLEMENTAL)

Rope pull-ups will help with grip and hand strength along with back development. Grab a rope from anywhere in the gym and drape it over the pullup bars. Do as many repetitions as you can.



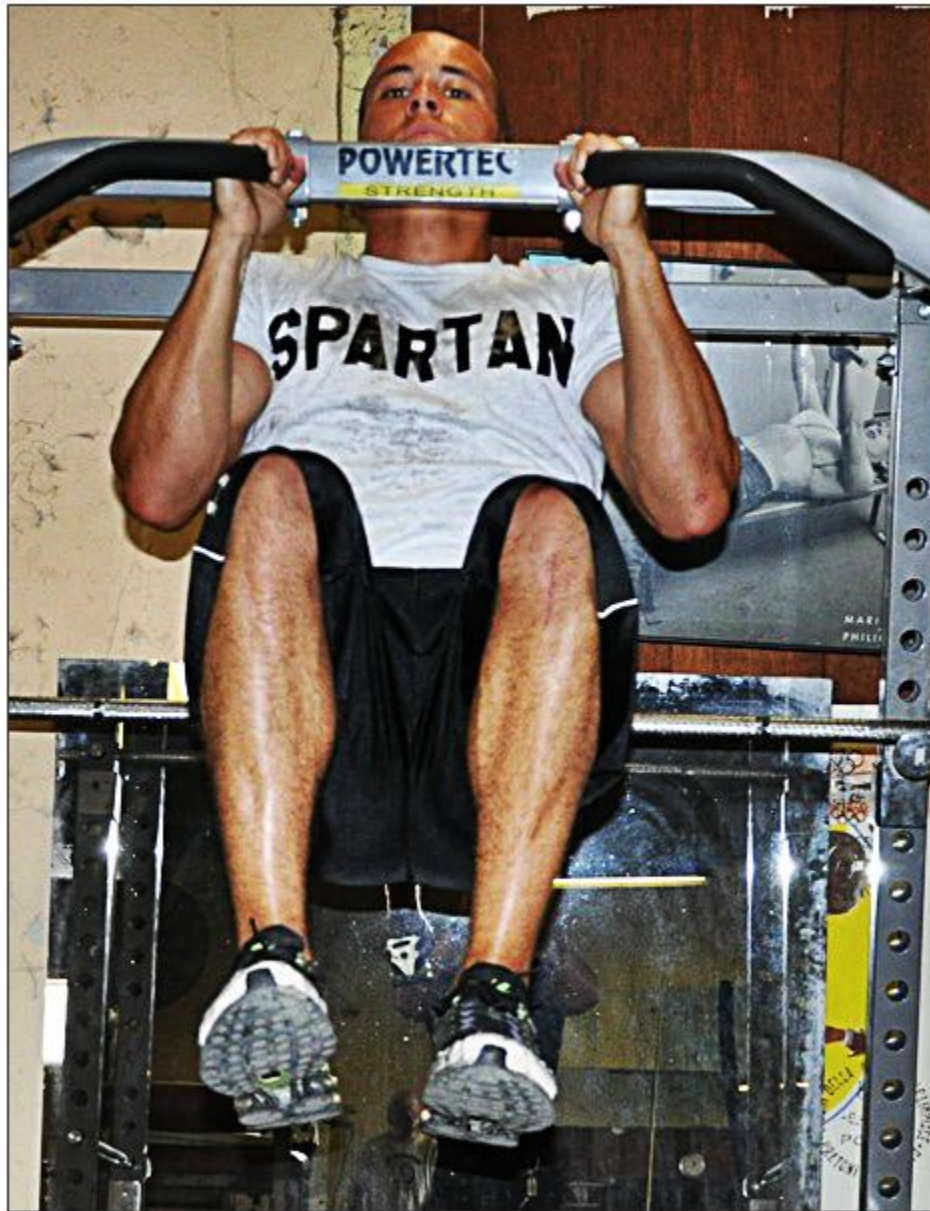
Pictured: Rope Pullups

MONKEY PULLUPS (SUPPLEMENTAL)

Monkey pull-ups are another fun way to break out of the normal routine.

Monkey pull-ups are a combination of pull-ups and abdominal crunches.

As you pull yourself up, you want to pull up your legs and contract your abdominals. Monkey pull-ups will work your back, biceps and abdominals and they also work as a fat-burning exercise. Do as many repetitions as you can, be sure to squeeze the abs at the top.



Pictured: Monkey Pullups

ONE ARMED PULLUPS (SUPPLEMENTAL)

Grip the bar with one hand using an overhand grip. With your free hand, grab your wrist and pull yourself up and over the bar. This will develop grip strength and unilateral strength. Do as many repetitions as you can with each arm.

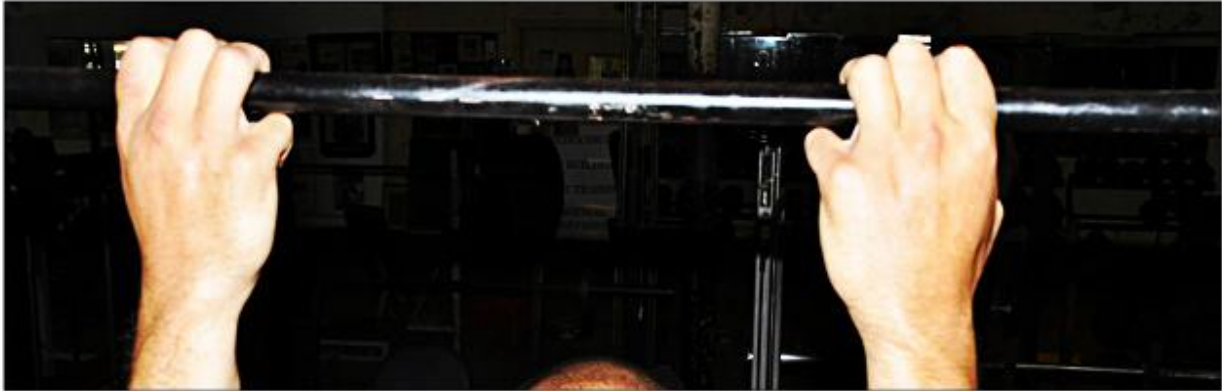


Pictured: One Arm Pullups

MULTI FINGER CHINUPS (SUPPLEMENTAL)

Multi-fingered chin-ups are great for hand, wrist and forearm development and strength.

To perform multi-fingered chin-ups you will use different fingers in each hand. For example, use only your first 3 digits on each hand and don't use your pinkies.



Pictured: Multi-Fingered Chinups

Continue using as many variations of fingers as you can.

Supreme chinup masters can do these with only one finger per hand.

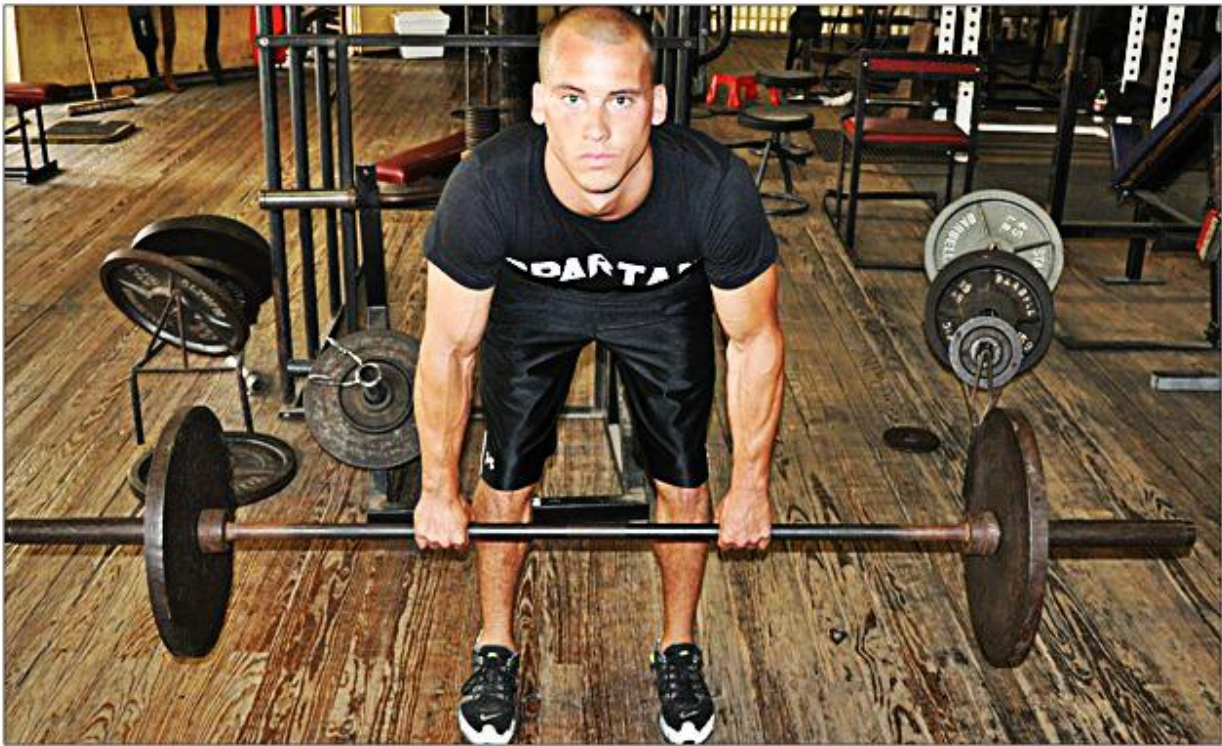
ROWS

Chinups are for back width, rows are for back thickness.

There are many variations of rowing but we will only need to cover a couple of them.

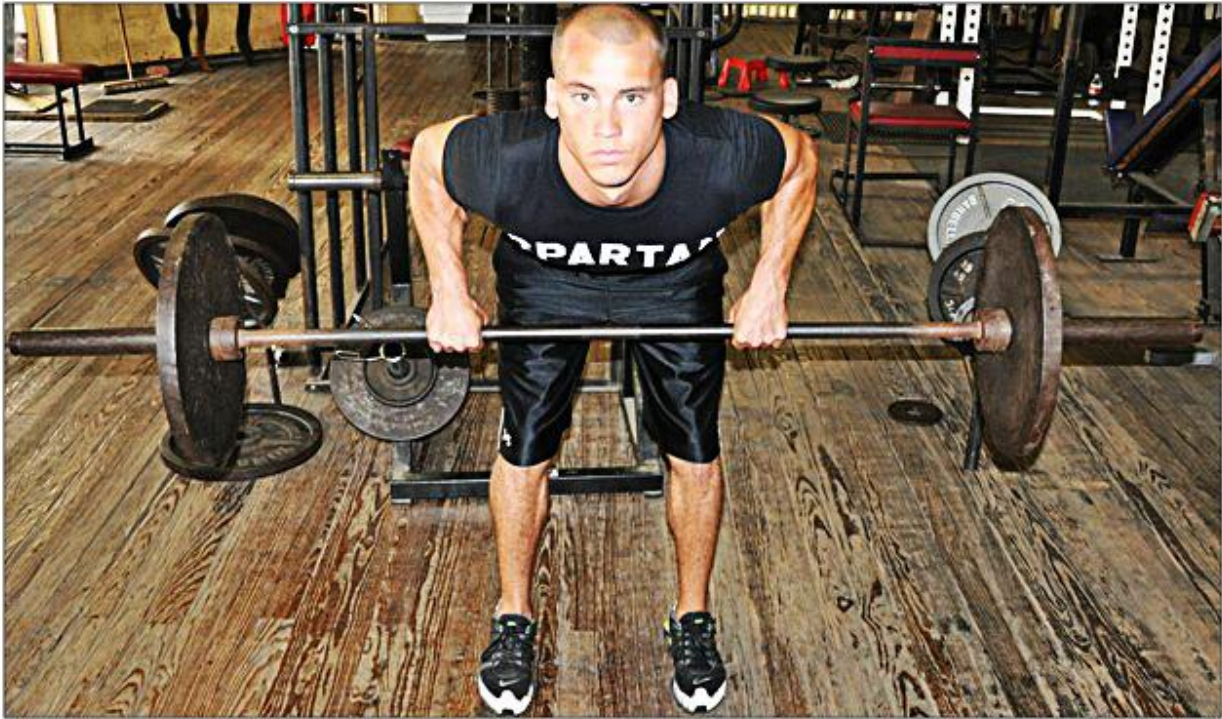
BENT ROWS (MAIN OR SUPPLEMENTAL)

Bent rows are performed with a loaded barbell. Grab the barbell from the ground or rack, bend at the waist, pull the barbell to your sternum and squeeze your back as you do.



Pictured: Bent Rows Starting Position

Bent rows do not need to be performed super heavy. Aim for 5 repetitions at the low end and 12 repetitions at the high end.



Pictured: Bent Rows Mid Position

When performing bent rows be sure to bring all the way to the sternum and squeeze your back.

You can use an overhand grip or an underhand grip. Experiment in the gym and see which is more comfortable for you.

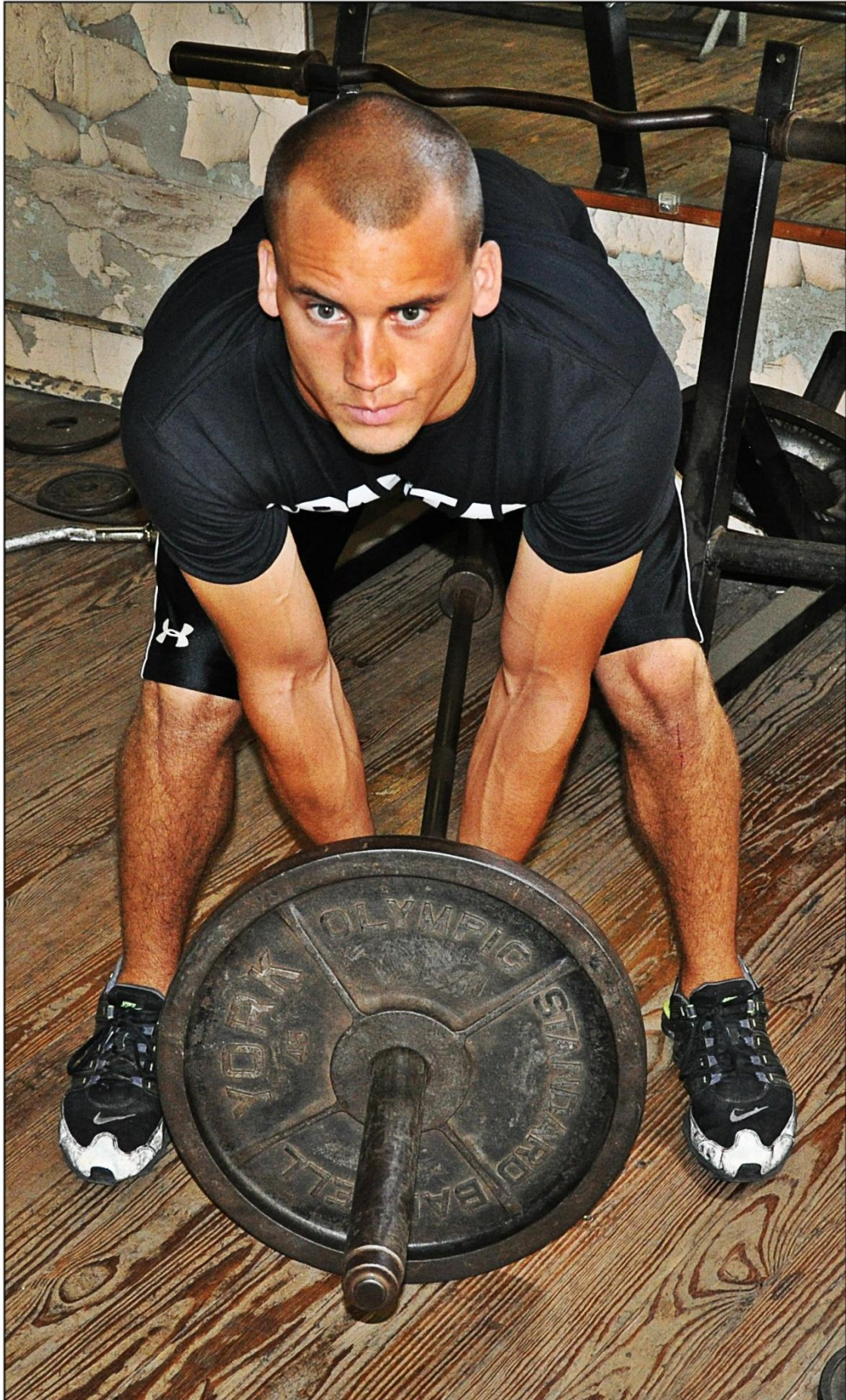
T-BAR ROWS (SUPPLEMENTAL)

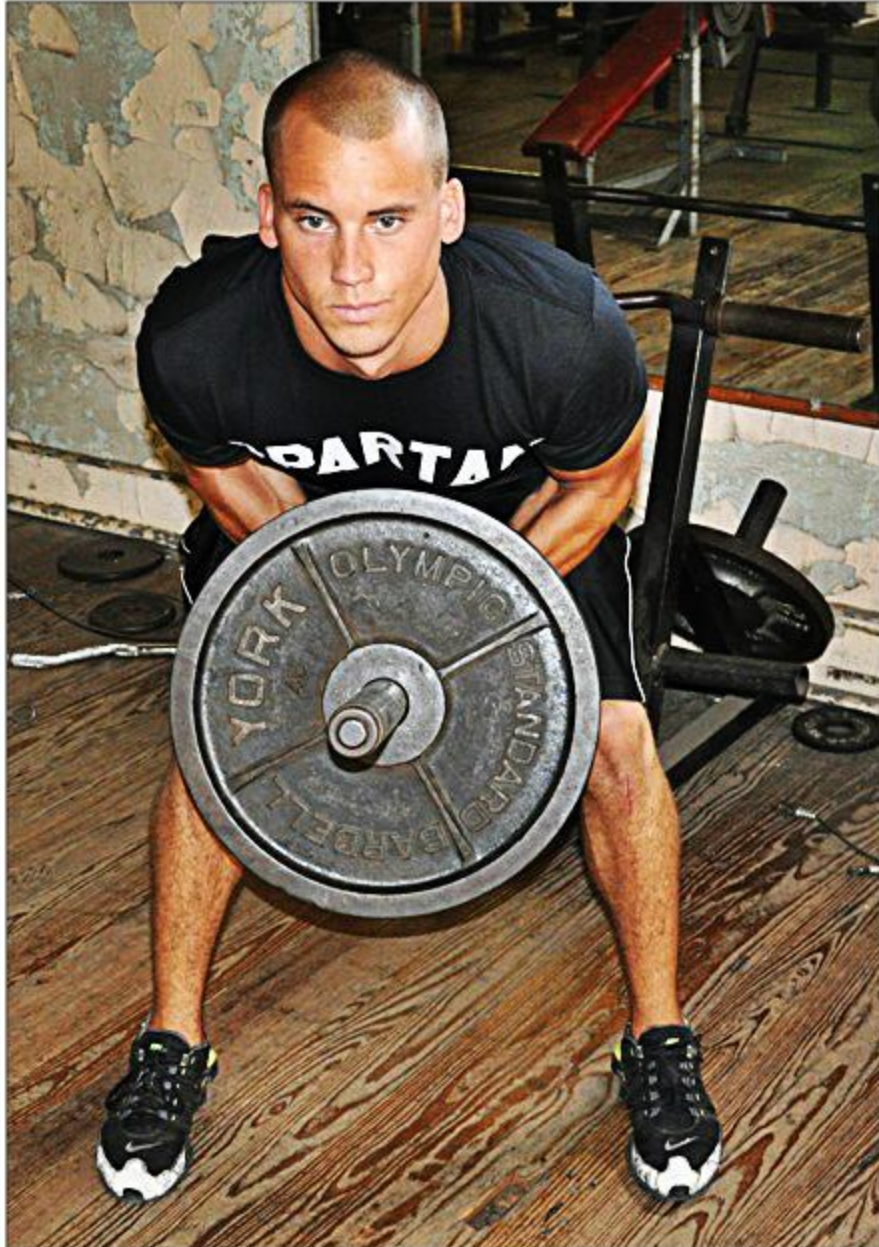
T-bar rows are performed with a barbell. You will put weight on one side of the barbell only, the other side of the barbell should go into a corner.

You will grab the barbell with one hand in front of the other and row the weight to your chest and back down again.

T-Bar rows can be done with very heavy weight. It is not uncommon to use 4, 5 6, 7, 8 or 45 lb weight plates on one side the barbell.

Remember, one end of the barbell should be placed in the corner for support. When you start to add weight, real weight, to the bar you may have a hard time keeping the weightless corner on the ground. When that happens you can add a 45 lb weight plate ON TOP of the barbell itself. The added support will keep the lighter end of the barbell on the ground.





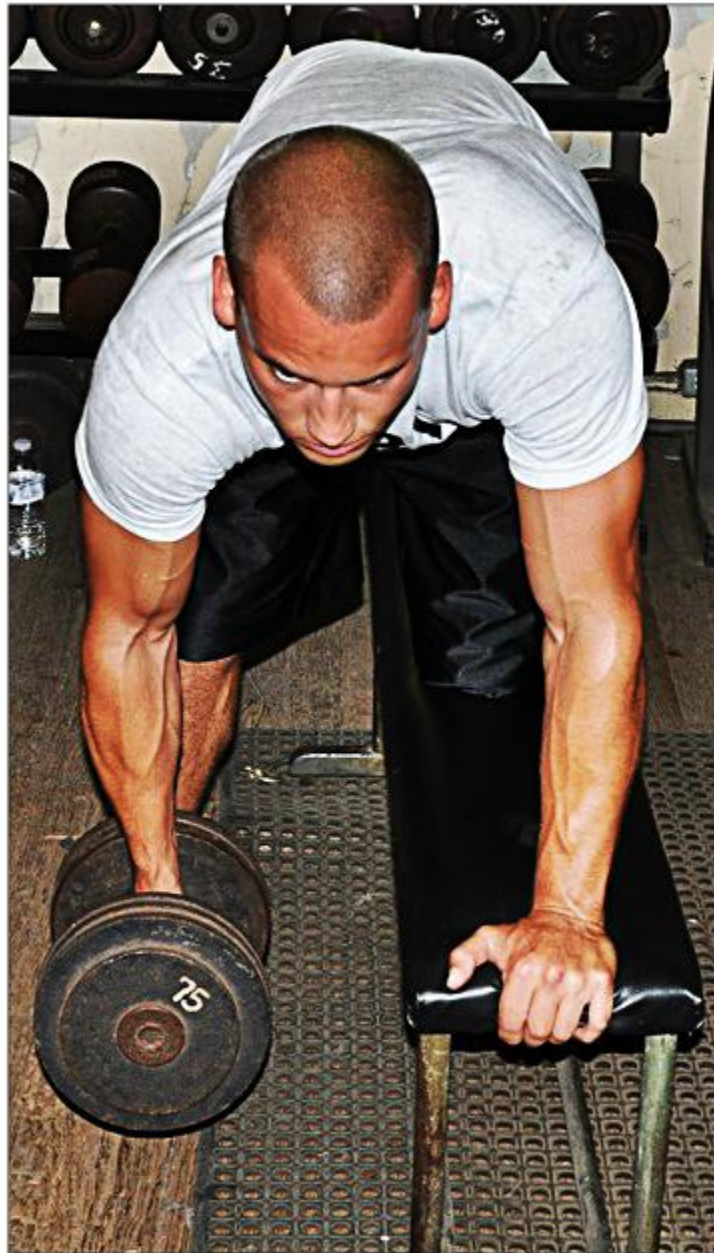
Pictured: T-Bar Rows Bottom Position and Top Position

DUMBBELL ROWS (SUPPLEMENTAL)

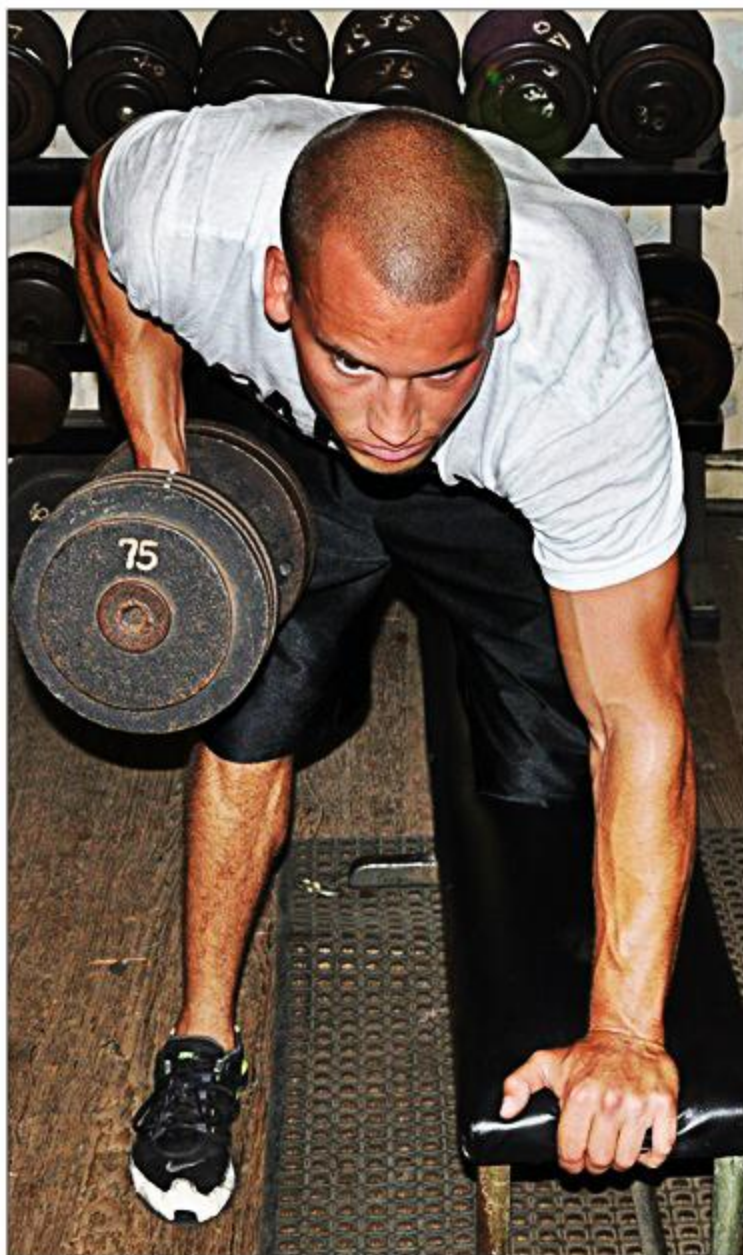
Bent rows can also be performed with dumbbells (though barbell should be your main rowing exercise).

Grab a heavy dumbbell (don't play around with 25 pounders), set one knee on a bench, bend at the waist and bring the heavy dumbbell up to your waist, squeeze your back, and let down again.

Aim for as many repetitions as you can with as heavy a dumbbell as you can manage. These are a very easy exercise to use heavy, heavy dumbbells with.



Pictured: Dumbbell Rows Bottom Position



Pictured: Dumbbell Rows Top Position

PULLOVERS (SUPPLEMENTAL)

Pullovers are a back exercise and they are very good for obtaining a nice v-taper shape.

Grab a moderately heavy dumbbell, lie sideways across a bench, lower the dumbbell behind your head and back up again. Aim for 8-12 repetitions. Pullovers are a shaping exercise and do not need to be performed super heavy.



Pictured: Pullovers Top Position



Pictured: Pullovers Bottom Position

THE BACK

The back is comprised of many different muscle groups. The back can be worked very, very frequently with many exercises. Many gym-goers conveniently forget to work their back because they cannot see it in a mirror.

Don't make that same mistake, a strong back is essential.

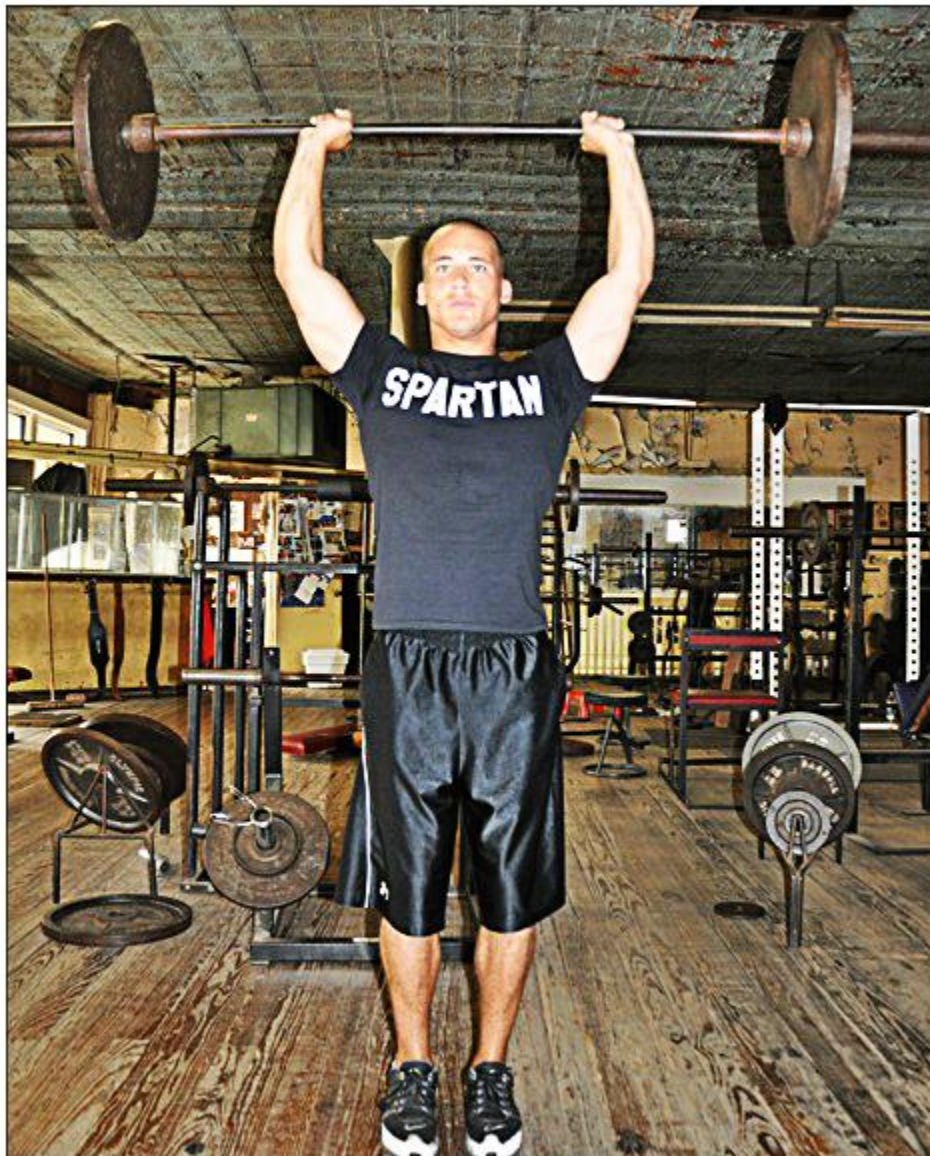
You will need to work out your back muscles at least 3 times per week.

SHOULDER PRESSING

Just like the other exercises on our list, there are many, many, many variations of the shoulder press. Shoulder pressing is essential for shoulder strength and development.

MILITARY PRESS (MAIN OR SUPPLEMENTAL)

The military press is a strict barbell shoulder press. No cheating allowed for the military press. Stand at attention, feet close together, take a shoulder width grip on a loaded barbell, press over head.



Pictured Above: Military Press

There are two types of grips when shoulder pressing: thumbs around the bar and thumbless (or “suicide”). I prefer the suicide grip. You will need to experiment and see which grip works best for you.



Pictured: Suicide Grip

The military press is a strict movement but it should be done heavy. There is no reason to go over 10 repetitions.

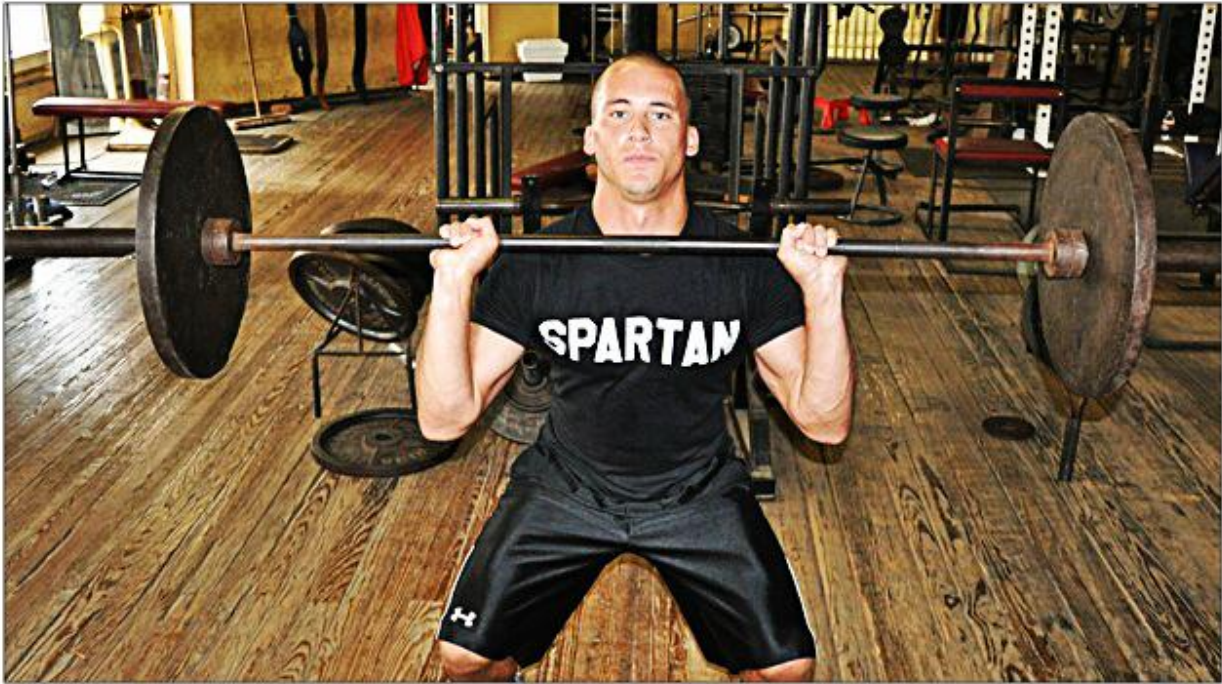
Aim for between 5-10 strict repetitions when performing the military press.

PUSH PRESS (MAIN)

The push press is a barbell shoulder press that allows leg drive. Rather than keeping strict as with the military press you will want to use leg drive to press more weight.

Keep your legs shoulder width (a little wider than you would with the military press) and use leg drive to explode the weight.

Leg drive allows you to lift heavier so that's what you should do, go heavy. Aim for between 1-5 repetitions. There is no reason to go above 5 repetitions on a push press.



Pictured: Push Press

Notes: Keep your legs closer together than in the picture. You also do not need to use as much leg drive as in the picture. Use just enough leg drive to get the weight up into the air.

BEHIND THE NECK PUSH PRESS (MAIN)

If there is one exercise that scares men more than the deadlift it is the behind the neck push press. It's a shame too because the behind the neck push press is a great developer of the shoulders.

To perform, load a heavy barbell onto your back (like a squat position), use leg drive to press the heavy barbell into the air. Lower the weight and catch it on your shoulders. When you catch the weight you will want to lower yourself to the ground and drop with the weight just a little bit. You don't want the weight to come crashing down on your shoulders, you want to gently catch it.

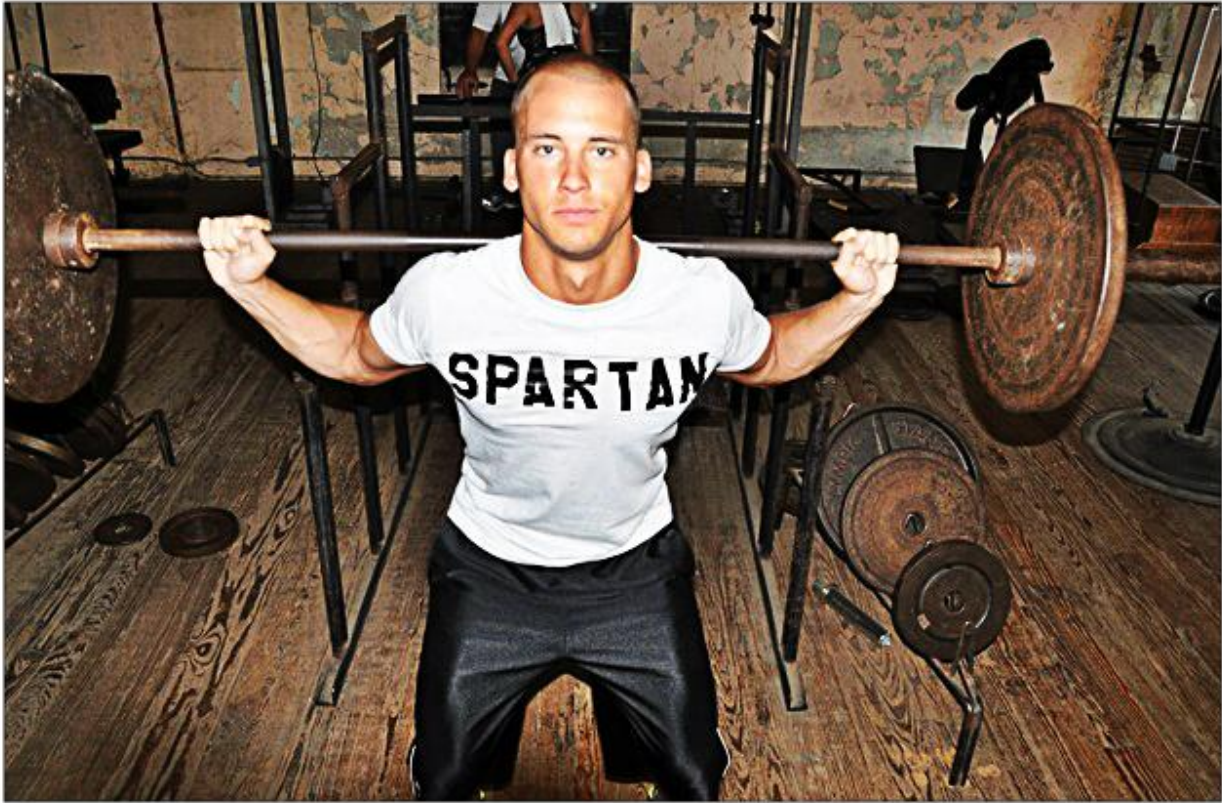
The behind the neck press is scary for others but don't let it scare you. It is one of the best shoulder development exercises in existence. Start with a light weight to get the form down. But don't stay at a light weight. The behind the neck push press is supposed to be done HEAVY. Aim for 1-5 repetitions.



Pictured: Behind the Neck Push Press Starting Position



Pictured: Behind the Neck Push Press Top Position



Pictured: Catching the Behind the Neck Press with Knees Bent

POWER CLEANS (MAIN OR SUPPLEMENTAL)

A power clean is when you pick up a loaded barbell from the floor and bring it to your upper chest. Power cleans are excellent for developing, you guessed it, power!

To start you will want to use a light barbell and get the motion down. Load up a barbell and pick it up from the floor fast and with power, catch it at the top of the movement on your upper chest. Aim for 1-5 repetitions.



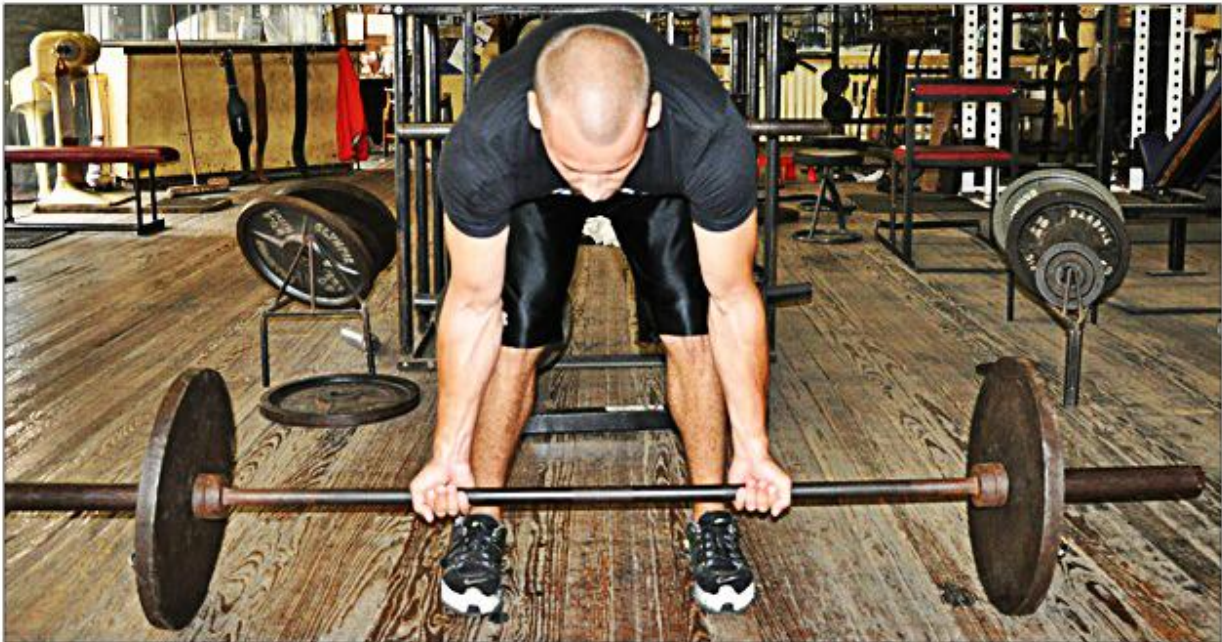
Pictured: Power Cleans

REVERSE GRIP POWER CLEAN AND PRESS (MAIN OR SUPPLEMENTAL)

The reverse grip power clean and press is a fun way to break out of the normal habit and gym routine and develop some muscle and strength.

Load up a heavy barbell on the ground, grip it with an underhand grip, explode the weight up (like a cheat curl) and press the weight overhead.

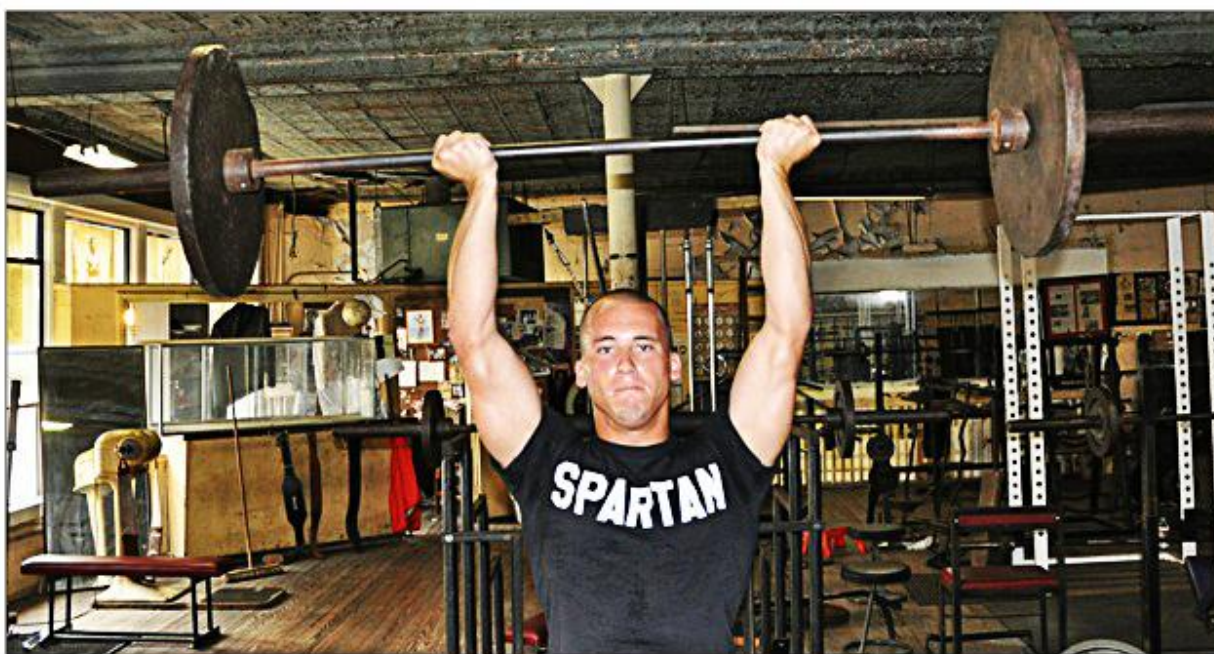
The weight used should be heavy. Aim for between 1-5 repetitions.



Pictured: Reverse Grip Clean and Press Start



Pictured: Reverse Grip Clean and Press Middle Position



Pictured: Reverse Grip Clean and Press Top Position

ONE ARM POWER CLEANS (SUPPLEMENTAL)

The one arm power clean is exactly what it sounds like. Power clean a barbell using only one arm.

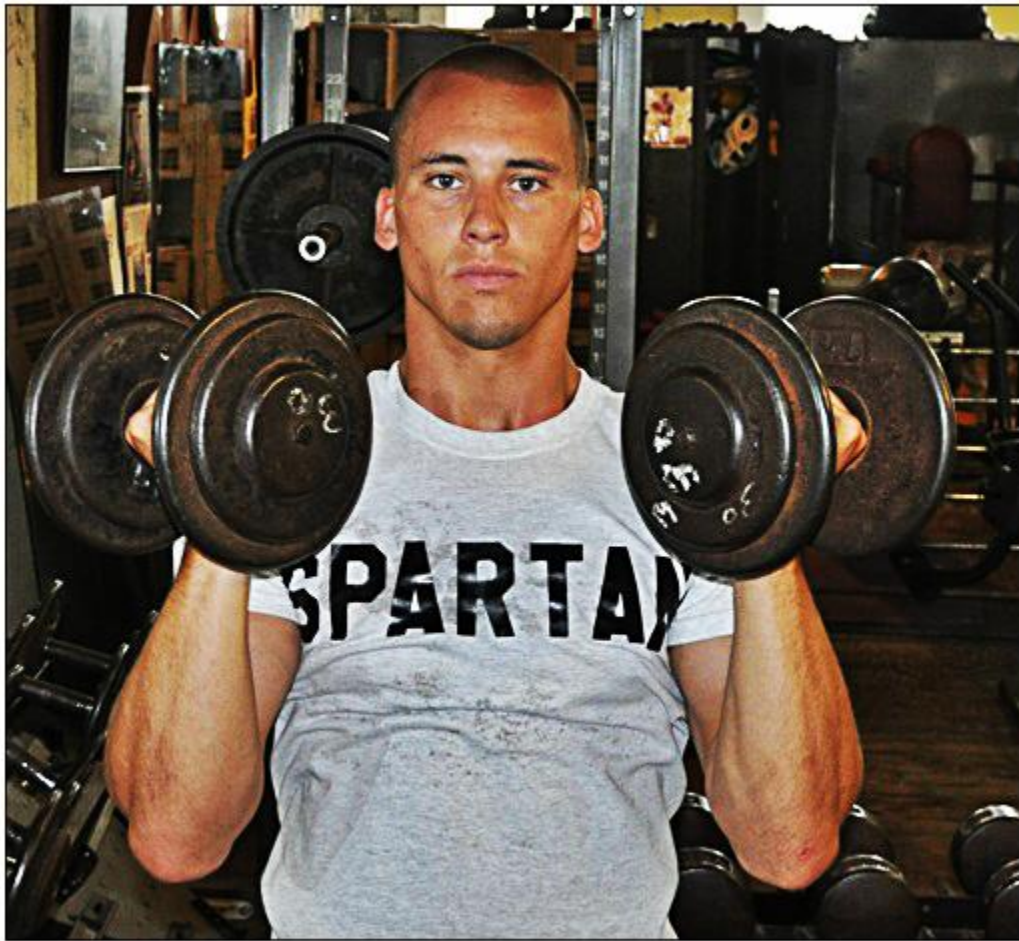
There is no real purpose or need to do these so you can save them for a day when you want to do something out of the ordinary and show off a little.



Pictured: One Arm Power Clean Start and Finish

THE SCOTT PRESS (SUPPLEMENTAL)

The Scott Press (or Arnold Press) is a dumbbell shoulder press with a twist (literally). The Scott Press is named after the first Mr. Olympia Larry Scott, who used the exercise to turn tiny shoulders into cannonball delts.



Pictured: Scott Press Bottom Position

To perform the Scott Press grab a couple medium-heavy dumbbells and hold in front of you, like pictured above.

You will press them overhead, but as you press them overhead you will turn your hands the other way around. As you get nearer to the top of the movement you will want your pinkies to be above your other fingers, like you are pouring out an imaginary tea-pot.

The Scott Press is great for shoulder development, and will hit all 3 heads of the shoulder (front, side, and rear), making the Scott press excellent for complete shoulder development.

The Scott Press does not need to be super heavy, aim for 8-12 repetitions per set.



Pictured: Scott Press Top Position

DIVEBOMBER PUSHUPS (SUPPLEMENTAL)

Divebomber pushups are excellent for shoulder development. Set two benches parallel and rest your feet on a bench or chair and do as many divebomber pushups as you can manage.

Divebomber pushups should come after you do your shoulder pressing movements.



Pictured: Divebomber Pushups

SHOULDERS

The shoulders should be trained with a heavy overhead barbell pressing movement first. After your heavy pressing you can move on to Scott Presses or Divebomber pushups. Shoulders can be worked 3 days per week.

For extra shoulder width you can perform shoulder lateral raises at or near the end of your workout.



Pictured Above: Shoulder Laterals Starting Position



Pictured: Shoulder Laterals Top Position

Shoulder laterals do not need to be performed heavy. Concentrate on the movement and aim for 8-12 repetitions per set. At the top of the movement turn your pinky upward, like you are pouring out a teapot.

TRAPEZIUS MUSCLES

The trapezius muscles are the muscles between your shoulders (deltoids) and your neck.

Some men will need to work their traps and some won't. Men with narrow clavicles and narrow shoulders don't need to work their traps. When men with narrow clavicles develop their traps they get the dreaded "no-neck" look.

On the other hand, men with wide clavicles and shoulders will need to work and develop their traps.

SHRUGS (MAIN)

Shrugs are the best exercise for developing the trapezius muscles. Load up a heavy barbell on a squat rack or power cage, pick up the weight with an overhand grip (wrist straps will come in very handy), and shrug the weight (like you are saying "I don't know" with your body language).

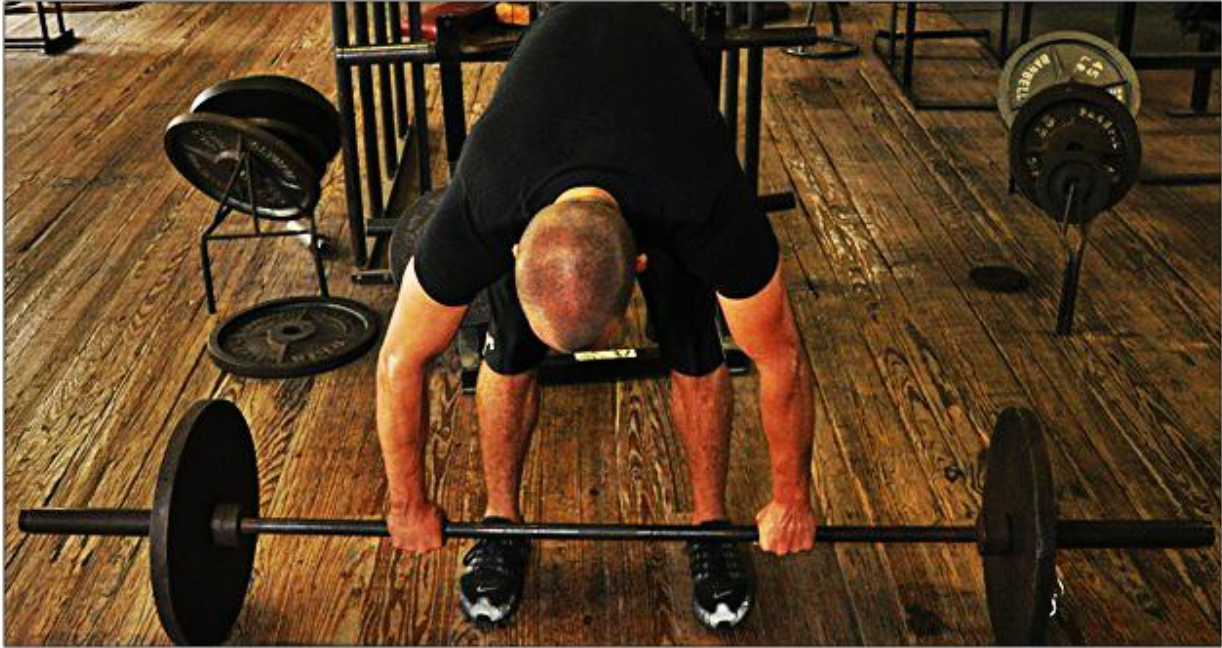


Pictured: Barbell Shrugs

HIGH PULLS (MAIN OR SUPPLEMENTAL)

High pulls are an exercise Olympic weightlifters use to develop power and get big traps.

Start with a loaded barbell on the floor, pick it up fast and with power, and pull the weight up as high as you can.



Pictured: High Pulls Starting Position



Pictured: High Pulls Top Position

High Pulls are a power exercise, so give it all your power. Aim for between 1-5 repetitions.

NECK BRIDGE (SUPPLEMENTAL)

The neck bridge will work the neck, traps, back and core. The neck bridge is a must-do exercise. It is also one of those exercises that scares men too much to try. Nonsense. The neck bridge is easy to perform as is a must-do for neck strength and development.



Pictured: Neck Bridge

To perform the neck bridge you will find a mat, get on your back, using your hands for support you will raise up on top of your head.

You can hold this position until you get comfortable bridging your body on your neck. You will find that this exercise actually works your whole body.

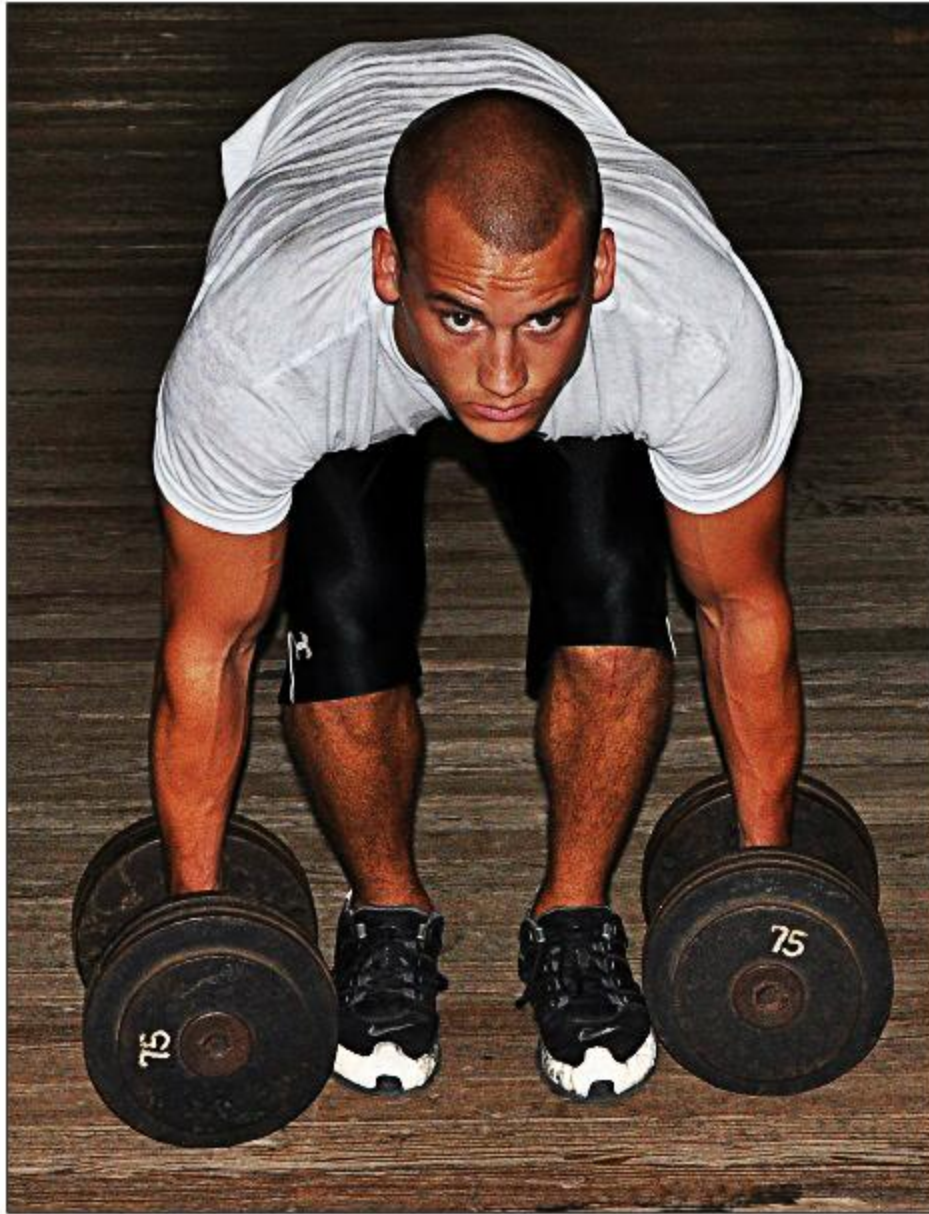
To perform repetitions of the neck bridge you will raise and lower your mid-body into the air and back down again. Do 3 sets of as many repetitions as you can do.

FARMERS WALKS (MAIN OR SUPPLEMENTAL)

Farmers walks are not just great for trapezius development, they are great whole body development and strength – especially for grip and forearm strength.

Farmers walks are the most simple exercise in existence.

Step 1) Grab a weight



Step 2) Start Walking



Walk as far and as long as you can, with as heavy a weight as you can carry, before you have to drop the weight and rest.

Farmers walks are limited only by your imagination. You can carry weight overhead, you can carry loaded barbells, heck, you can carry big rocks. The Farmers walk should be done at least once per week.

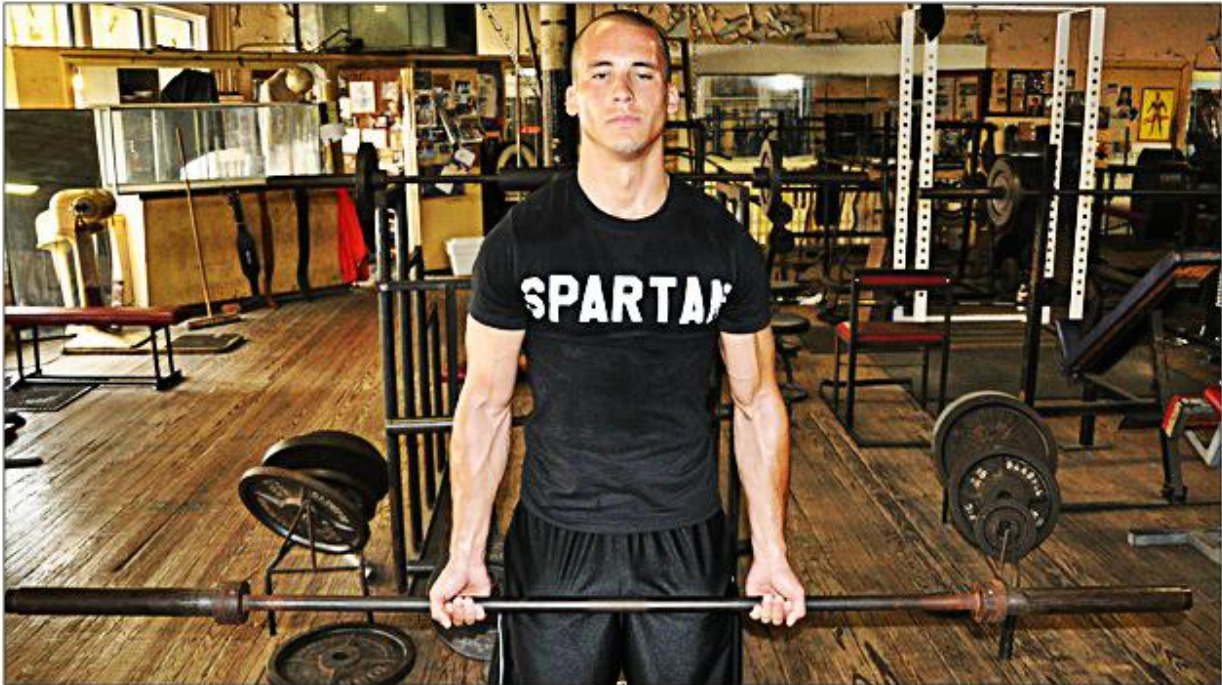
CURLS

No physique building plan would be complete without doing some curls for the girls.

There are a million different variations of curls, we will concentrate on the 5 best.

BARBELL CURLS (MAIN OR SUPPLEMENTAL)

Grab a barbell, keep your upper arms glued to your sides, and curl the weight upwards using your forearms.

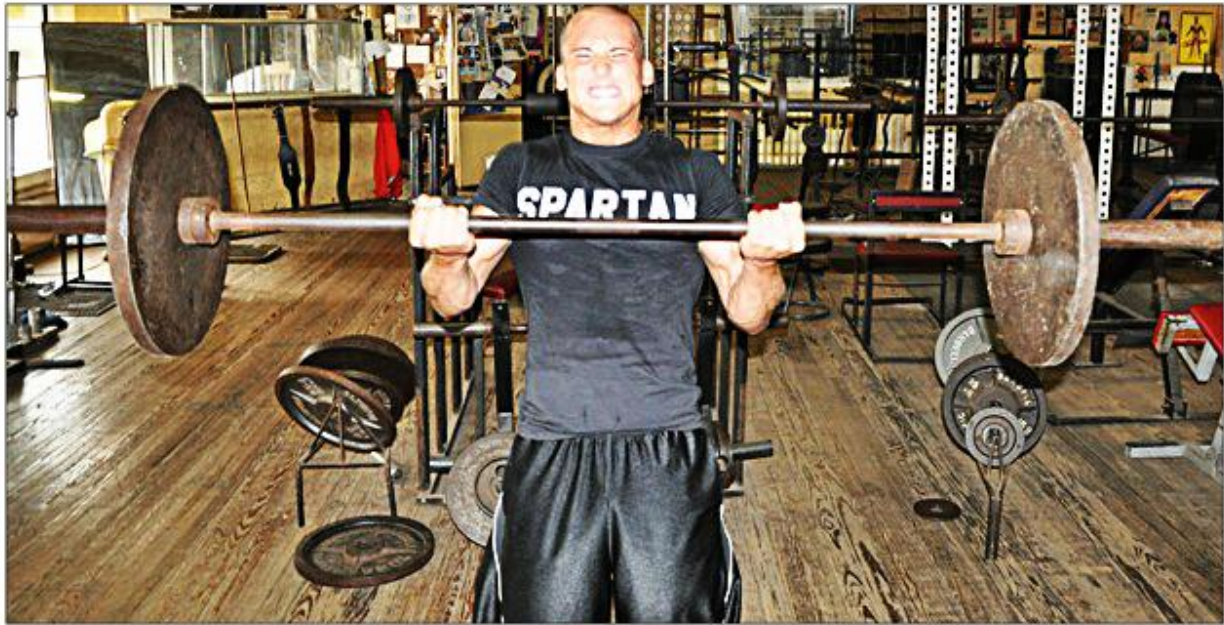


At the top of the movement be sure to squeeze your biceps to force blood (and growth) into them.

Barbell curls do not need to be super heavy, aim for 8-12 repetitions.

CHEAT CURLS (MAIN OR SUPPLEMENTAL)

Cheat curls are where we will get heavy, heavy, heavy. Normal barbell curls need to be done in semi-strict form (until the last few reps), but cheat curls can be done loose. You will grab a heavy barbell and use a little body English to curl the weight. Be sure to let the weight down SLOWLY and hold it as tight as you can.

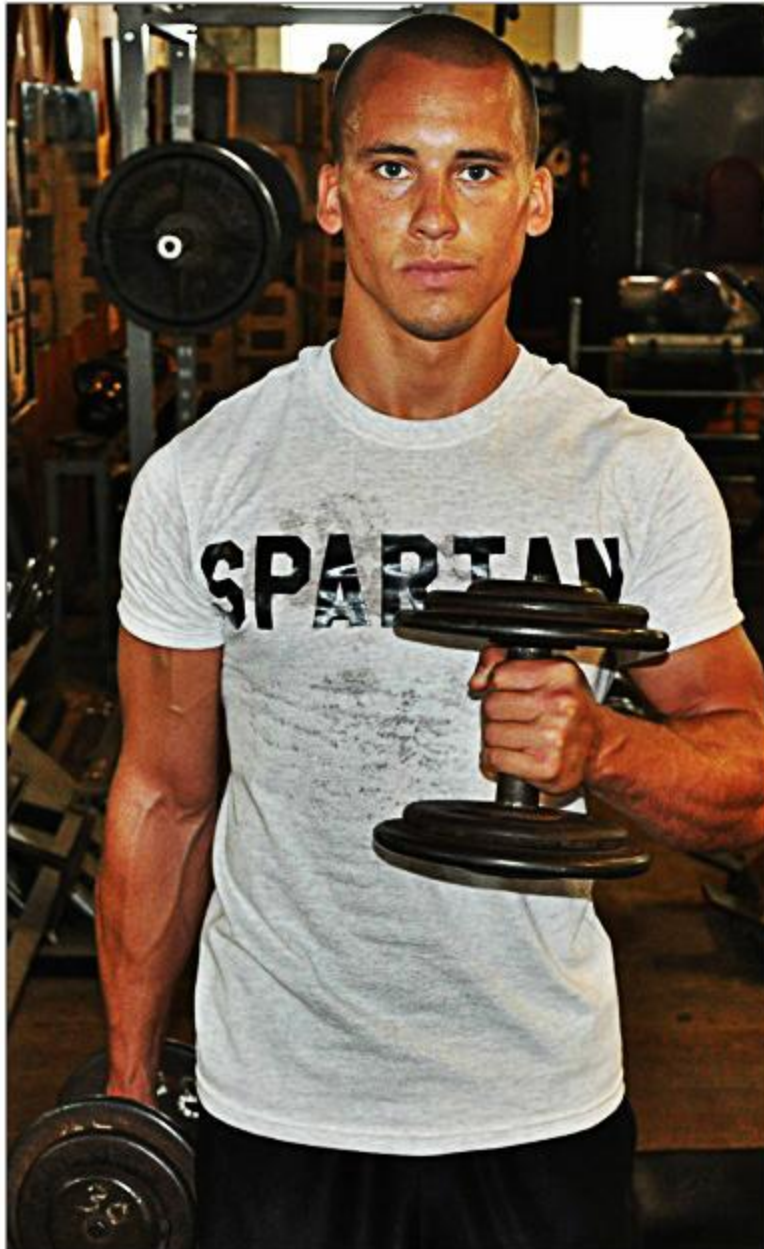


Pictured: Cheat Curls

Cheat curls should be hard and heavy.

BASEBALL CURLS (SUPPLEMENTAL)

Baseball curls are a form of hammer curls (like you are hammering) that a lot of Baseball players do. Rather than come up straight in hammer curl style, you will curl the weight in to your chest a little bit. This will make the side of your upper arms, the brachialis muscles, big and strong.



Pictured: Baseball Curls (Hammer Curls)



Pictured: Baseball Curls (Hammer Curls) from the Side

DUMBBELL CURLS (SUPPLEMENTAL)

When curling with dumbbells, the object is to contract the biceps and not to use heavy weight. Use as heavy a weight as you can manage for 8-12 repetitions while squeezing the biceps at the top of the movement.

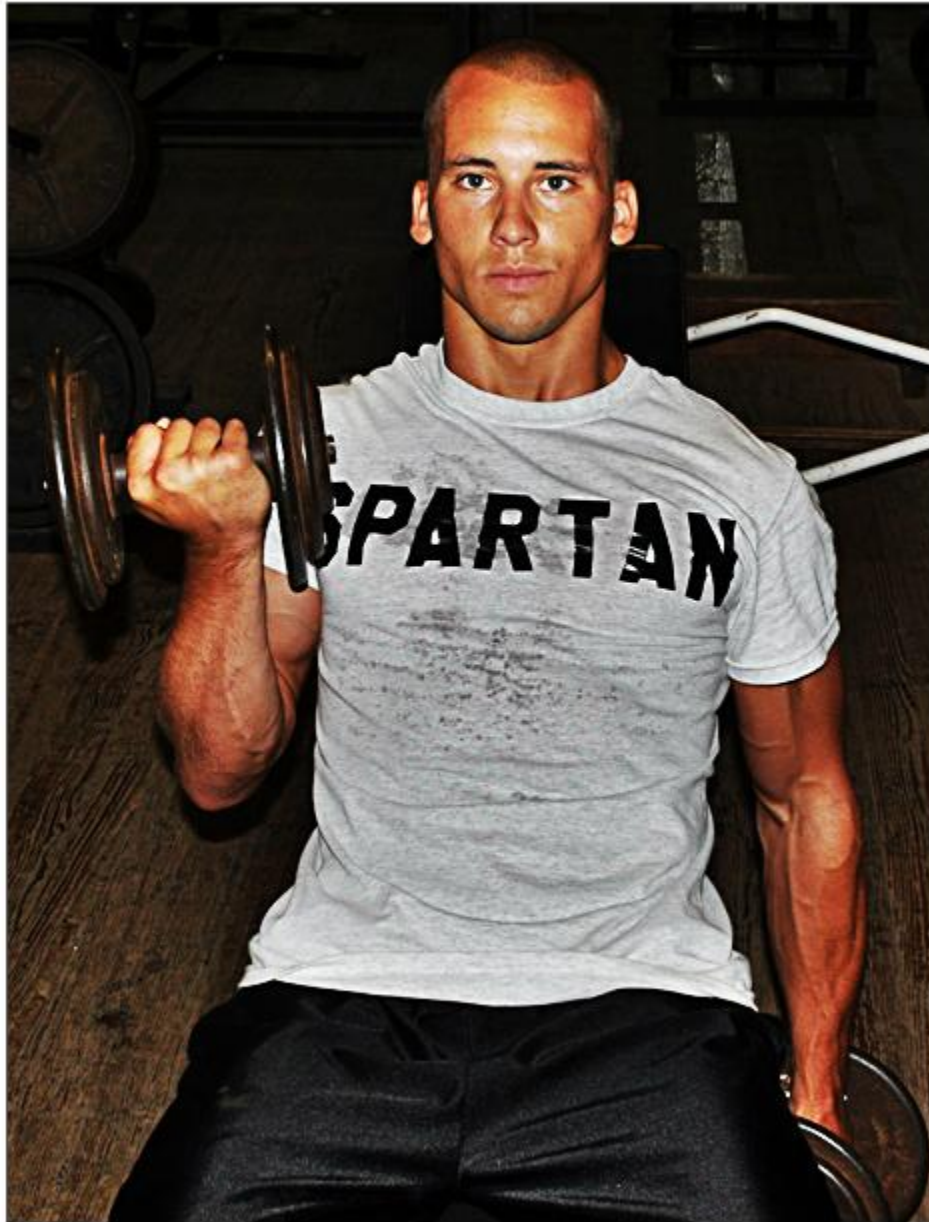
Curl one arm at a time with strict movement and use a little body English when the movement become too tough.



Pictured: Dumbbell Curls

INCLINE CURLS (SUPPLEMENTAL)

Perform incline curls on a seated incline bench. At the top of the movement twist the dumbbells upward (bring the pinky inward) and squeeze the biceps. Aim for 8-12 repetitions per arm.



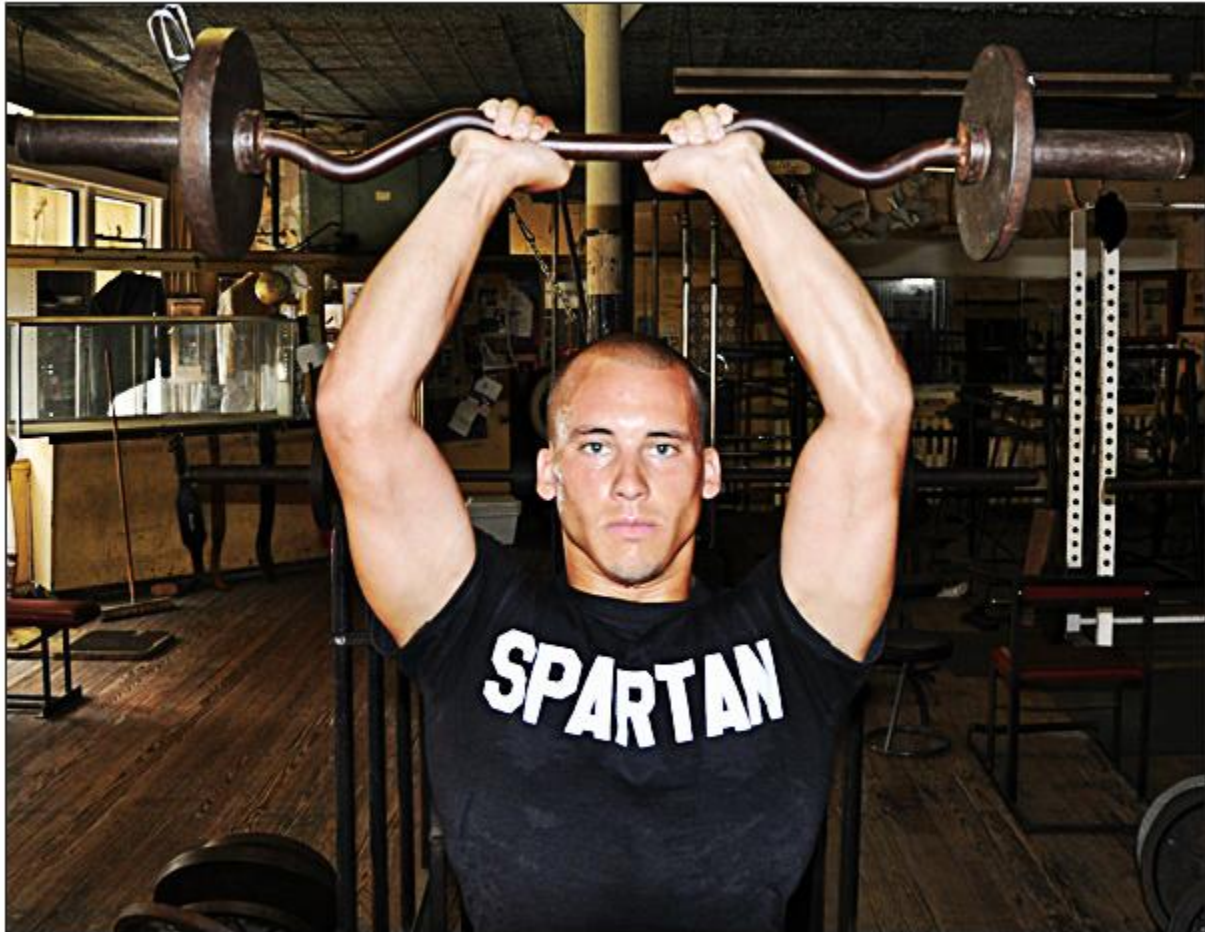
Pictured: Seated Incline Curls

TRICEPS EXTENSIONS

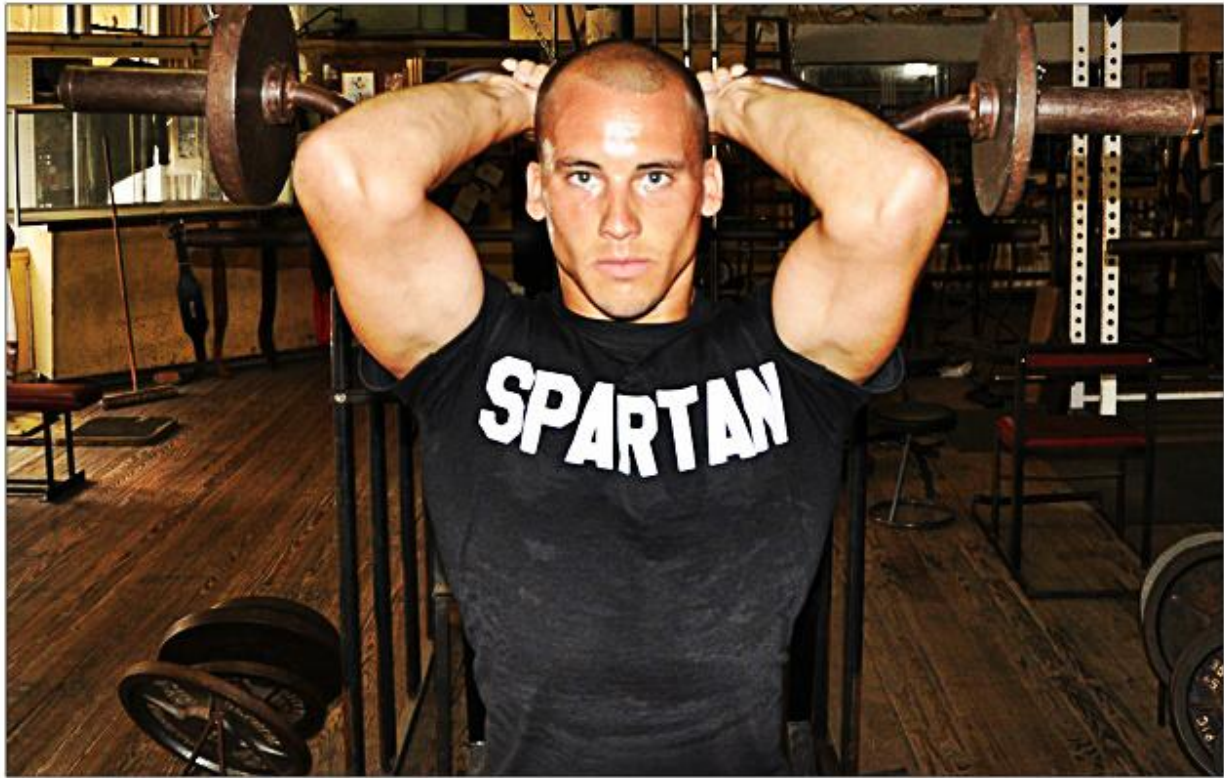
Triceps extensions are for the muscular development of the triceps. There are many different variations.

STANDING TRICEPS EXTENSIONS (SUPPLEMENTAL)

Grab a loaded barbell (ez curl bar works best), press overhead, let down behind your head and press upwards using only the strength of your triceps. Aim for 8-12 repetitions.



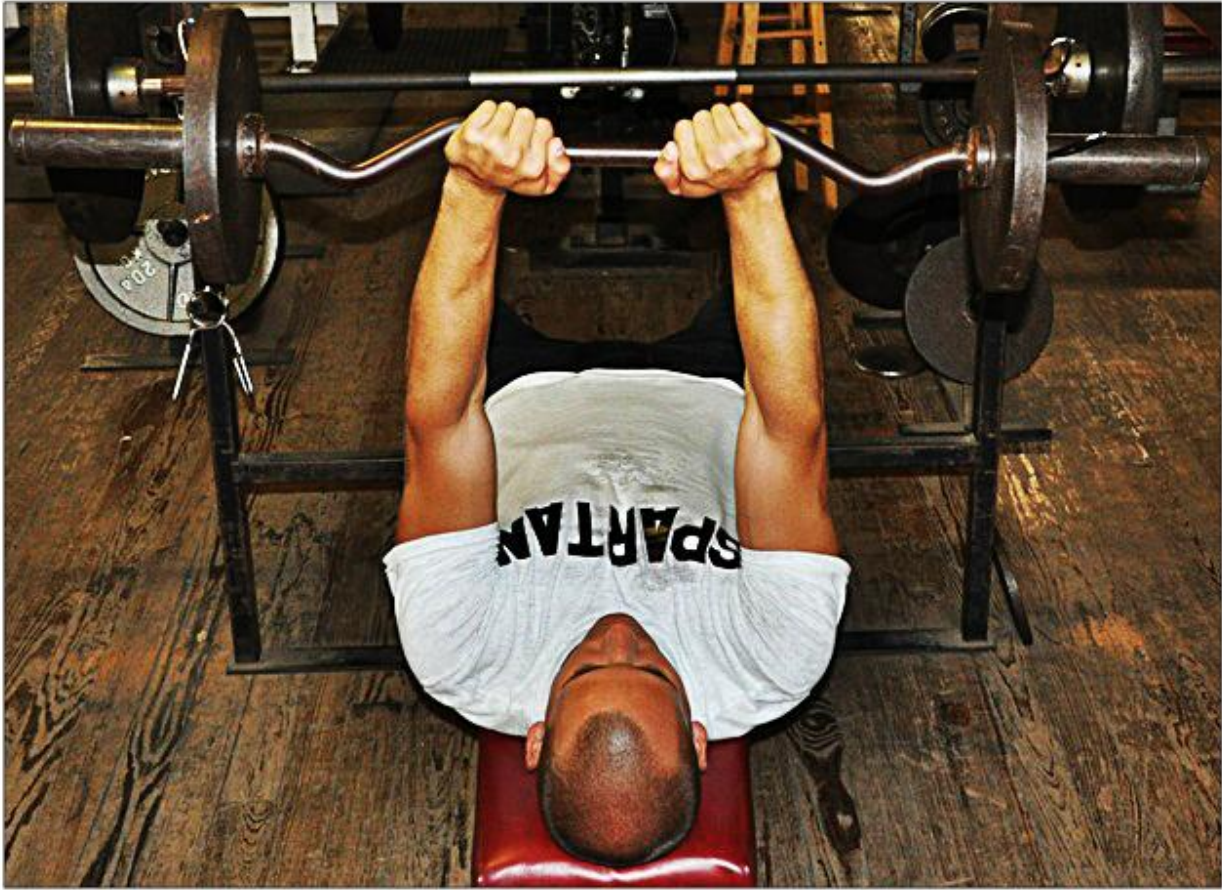
Pictured: Standing Triceps Extensions Top Portion

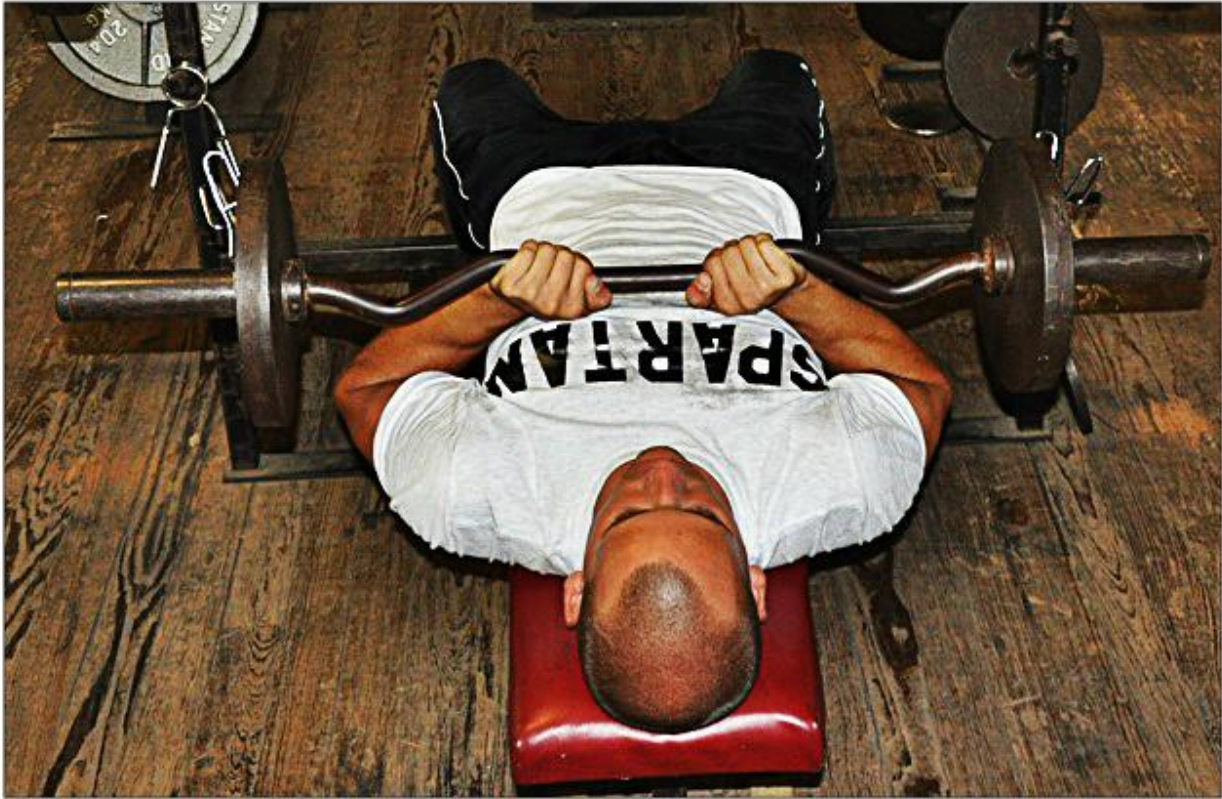


Pictured: Standing Triceps Extensions Bottom portion

SKULLCRUSHERS (SUPPLEMENTAL)

Skullcrushers, or lying triceps extensions, can be performed with an ez curl bar for repetitions of 8-12. When you have tired of performing extensions you can go immediately into close grip bench presses with the same weight.





Pictured: Skullcrushers to Close Grip Bench Presses

ROPE PUSHDOWNS (SUPPLEMENTAL)

Rope pushdowns (or pulldowns) are excellent for triceps development.

Higher reps are ok for rope pushdowns, anywhere between 10-20 repetitions is good. Be sure to squeeze the triceps at the bottom of the movement to force in blood.

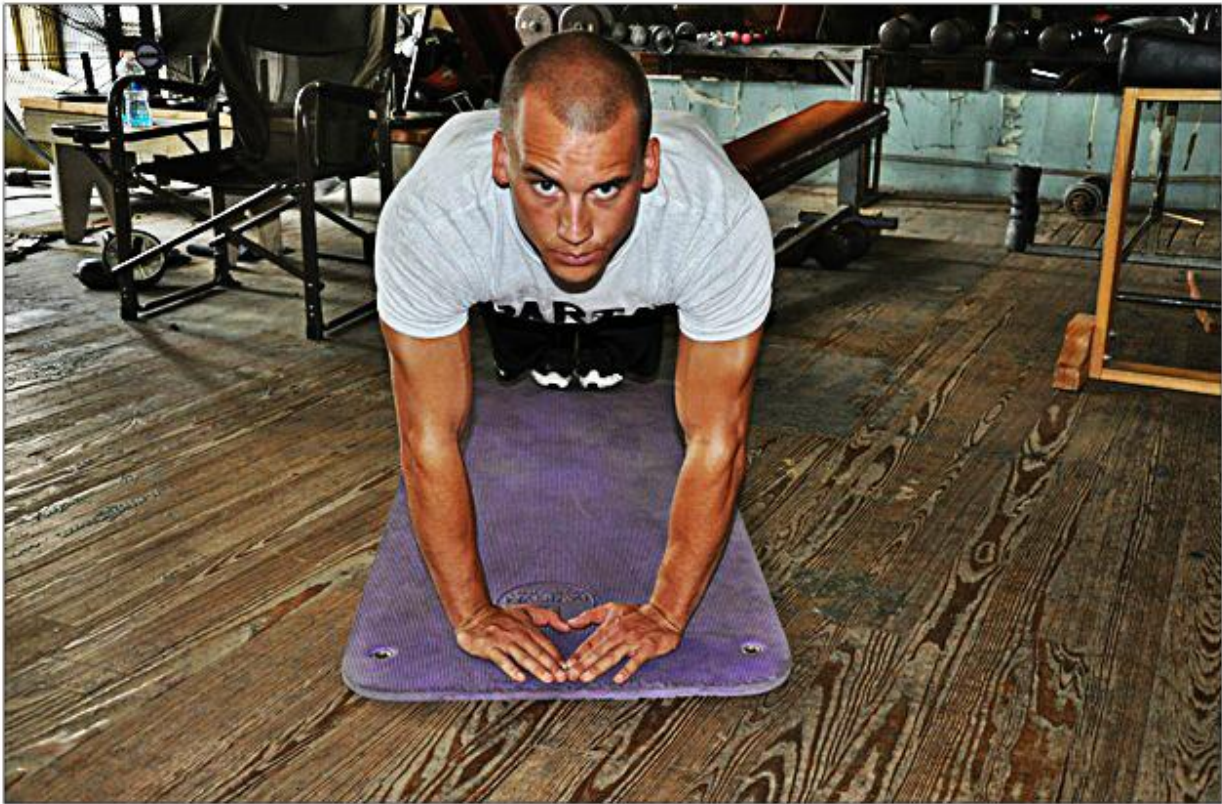




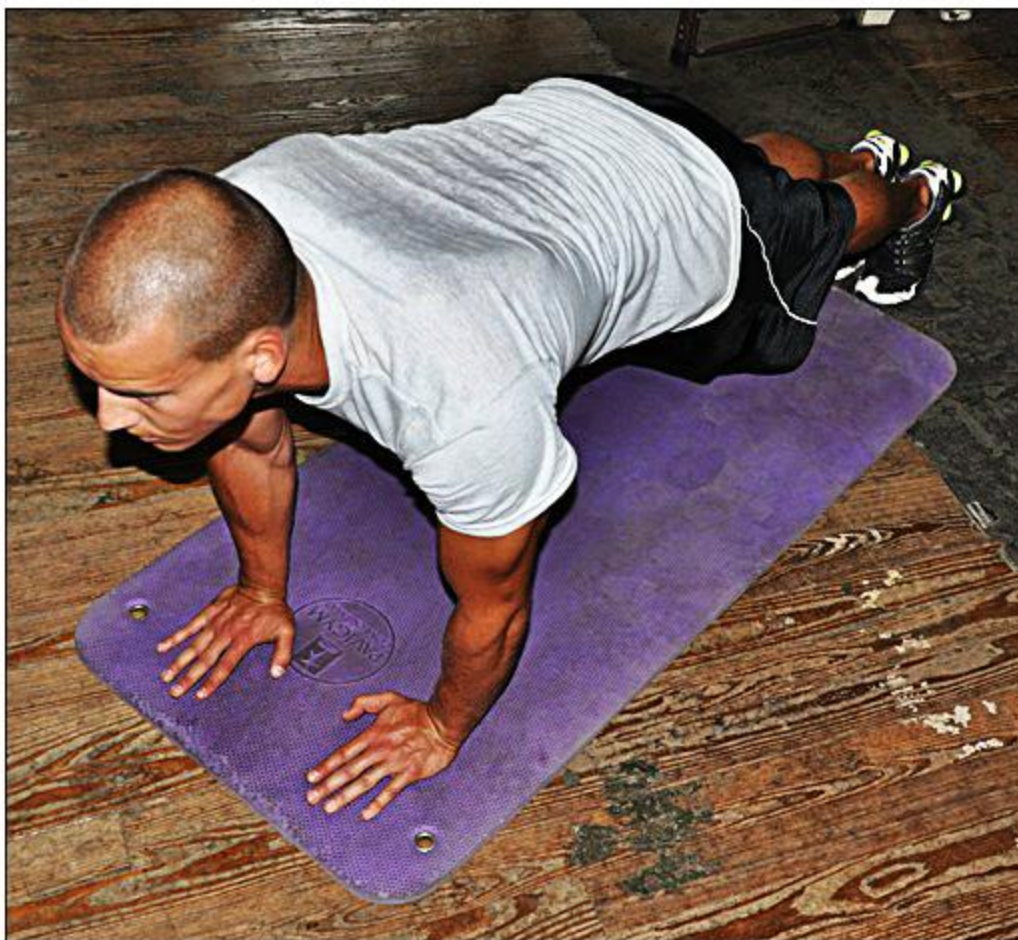
Pictured: Rope Pushdowns

CLOSE GRIP PUSHUPS / DIAMOND PUSHUPS (SUPPLEMENTAL)

Phenomenal for development of the triceps. Do as many as you can until failure.



Pictured: Diamond Pushups



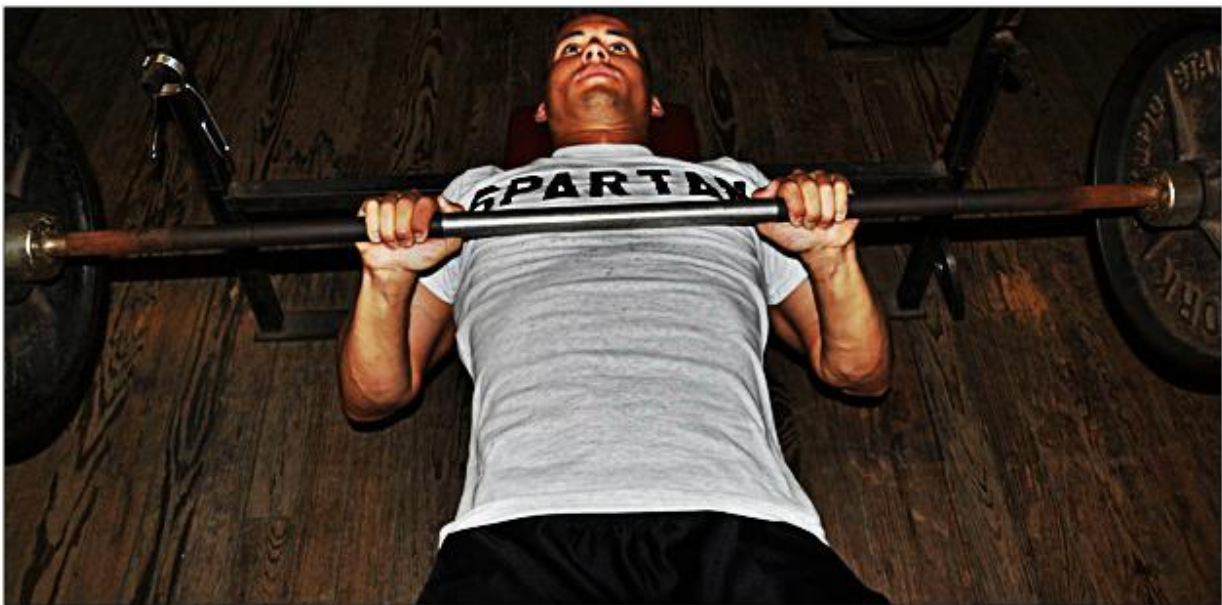
Pictured: Close Grip Pushups

CLOSE GRIP BENCH PRESS (MAIN OR SUPPLEMENTAL)

The close grip bench press is exactly what it sounds like – a bench pressing with a close, or narrow, grip. The close grip bench press is essential for triceps development.

Close grip benching can be done heavy or it can be done light (aiming for repetitions).

To perform, take a narrow, shoulder width grip (use either a thumbs around the bar grip or a thumbless grip), press to the chest and back up again.



Pictured: Close Grip Bench Press Top Position and Bottom Position

ROUTINES

The Body of a Spartan Routine consists of 1-3 main exercises and 1-4 supplemental exercises per workout session.

MAIN EXERCISES:

Deadlift – All variations

Bench Press – All variations incl. Close Grip Bench Press

Squat – All variations

Barbell Shrugs

Barbell Curls

Power Cleans

Overhead Barbell Press – All variations

Pullups / Chinups

Barbell Rows

BEGINNER ROUTINE

When beginning a weight training program it is not advised to go balls to the wall on strength exercises. The most important part of starting is getting the form down correctly and getting comfortable with the weights.

Beginners on the Body of a Spartan routine will need to focus on main exercises only. Beginners will focus on form rather than heavy weight.

The beginner routine will be 3-5 sets per main exercise. Each set will start with light weight for 15-20 repetitions. Weight should be added to each set and the number of repetitions should decline for each set. For example, repetitions should be:

15-20 for the 1st set

12-15 for the 2nd set

8-12 for the 3rd set

6-8 for the 4th set

5 for the 5th set

SPARTAN BEGINNERS ROUTINE (4 DAYS PER WEEK)

Monday: Chest / Back / Triceps

Bench Press: 5 sets, add weight each set for a top set of 5 repetitions

Deadlift: 5 sets, add weight each set for a top set of 5 repetitions

Chin-ups: 3 sets to failure

Close Grip Bench Press: 5 sets, add weight each set for a top set of 5 repetitions

Diamond Pushups: 3 sets to failure

Tuesday: Legs / Shoulders / Biceps

Squats: 5 sets, add weight each set for a top set of 5 repetitions

Military Press: 5 sets, add weight each set for a top set of 5 repetitions

Scott Press: 3 sets, 8-12 reps per set

Barbell Curls: 5 sets, add weight each set for a top set of 5 repetitions

Wednesday: Rest

Thursday : Chest / Back / Triceps / Neck

Bench Press: 5 sets, add weight each set for a top set of 5 repetitions

Deadlift: 5 sets, add weight each set for a top set of 5 repetitions

Close Grip Bench Press: 5 sets, add weight each set for a top set of 5 repetitions

Neck Bridge: 3 sets to failure

Friday: Legs / Shoulders / Biceps / Abs

Squats: 5 sets, add weight each set for a top set of 5 repetitions

Military Press: 5 sets, add weight each set for a top set of 5 repetitions

Dumbbell Lateral Raises: 3 sets, 8-12 reps per set

Barbell Curls: 5 sets, add weight each set for a top set of 5 repetitions

Abdominal Crunches (or any ab exercise): 3 sets to failure

SPARTAN BEGINNERS ROUTINE (3 DAYS PER WEEK)

Monday / Wednesday / Friday

Squat: 5 sets, add weight each set for a top set of 5 repetitions

Deadlift: 5 sets, add weight each set for a top set of 5 repetitions

Bench Press: 5 sets, add weight each set for a top set of 5 repetitions

Military Press: 3 sets, add weight each set for a top set of 5 repetitions

Chin-ups: 3 sets to failure

Barbell Curls: 3 sets, add weight each set for a top set of 5 repetitions

When should you stop the beginners routine and move to a more advanced routine?

There is a lot of bullshit advice on the internet about how beginners “overtrain”. **BEGINNERS DON’T OVERTRAIN. IT DOESN’T HAPPEN.** Beginners have a unique opportunity that only comes around once. If you fuck it up and workout like a pussy you’ll never get the opportunity again.

What is the opportunity?

Working out as a beginner is like working out on steroids. Beginners will make PHENOMENAL gains in record time. You will see strength and size gains overnight. NOW is the time to take advantage of that. A beginners body is not used to weights and stress and will adapt (i.e. add muscle) very fast to compensate.

If you sit around crying about overtraining you aren’t going to develop a physique.

Move on to the real deal Spartan routine as soon as you are comfortable with weights.

THE REAL DEAL NON-BEGINNERS ROUTINE

TYPICAL SPARTAN WORKOUT ROUTINE (6 DAYS PER WEEK)

Each day can be summed up like this: Pick 1-2 main exercises, pick 1-4 supplemental exercises and go to town. It is ok to work the same muscle group more than one day in a row.

Example:

Monday: Legs / Shoulders

Squats – 10 sets of singles

Behind the Neck Push Press – 5 sets of 5 reps, 3-5 singles

1-4 Supplemental exercises for Arms/Abs/Calves as needed

Tuesday: Chest / Back

Deadlift – 10 sets of singles

Bench Press – 5 sets of 5 reps, 3-5 singles

1-4 supplemental exercises for Arms/Abs/Calves as needed

Wednesday: Legs / Shoulders

Squats – 5 sets of 5 repetitions, 3-5 singles

Military Press – 5 sets of 5 repetitions

Barbell Curls – 3-5 sets, adding weight each set and performing reps to near failure

Thursday: Chest / Back

Bent Rows – 5 sets of 5 repetitions (singles no necessary for bent rows)

Close Grip Bench Press – 10 sets of singles

1-4 supplemental exercises for Chest/Back/Arms/Abs/Calves as needed

Friday: Legs / Shoulders

Front Squats – 10 sets of singles

Push Press – 5 sets of 5 repetitions, 3-5 singles

Supplemental exercises as needed

Saturday: Chest / Back

Bench Press – 5 sets of 5 repetitions,

Chin-ups – 5 sets to failure

Supplemental exercises as needed

Sunday: Rest

ADVANCED SPARTAN WORKOUT ROUTINE (6 DAYS PER WEEK)

Pick two main exercises and superset them. Example: Squats and Close Grip Bench Press

Do a single on squats and immediately move to close grip bench press and perform a single. Do this 10 times.

Next, move on to your supplementals.

What if I want to work out 4 or 5 days per week only?

That's perfectly fine. For each day in the gym you will follow the same method: Pick 1-3 main exercises to focus on first and lift hard, then pick your supplementals to work one.

Again, you do not need to work chest one day, back the next day, shoulders the next day and so on. Your body is a whole and needs to be worked as a whole.

Pick the lifts that you like, that you need to focus on and then give them your all.

HOW TO END YOUR WORKOUT SESSIONS

At the end of the session you want to get your heart pumping hard with some higher repetition exercises. Blood pumping = fat burning.

GRAB BAG EXERCISES

Grab bag exercises are supplemental exercises that can be performed whenever and wherever. Use these at the end of a workout session and pick one or two and finish your workout with them.

Pick 1-3 days per week to use a grab bag exercises

Grab Bag Exercises:

Diamond Pushups

Close Grip Pushups

All Pushup Variations

All Pullup / Chinup Variations

Neck Bridges

Abdominal Exercises

FAT BURNING ENDERS

Fat burning enders are exercises you end your workout session with. They are typically 2 or more exercises combined and are used to make the heart BEAT and BEAT FAST. The object is to perform as many repetitions with as heavy a weight as you can. They are called fat burning enders because they a) BURN FAT! And b) end your session because you'll be too tired to go on.

Pick 1-3 days per week to perform fat burning enders.

SQUAT TO FULL OVERHEAD PRESS

To perform the squat press you will simply perform a full squat and at the top of the movement you will press the weight overhead and then let it down again. That is 1 repetition. Do this for 5 or more repetitions to get the heart going. Don't use baby weight though. You can use lightweight to get the form down but then you don't to go on to a challenging weight. The squat press can also be performed as a main exercise.

THE BEAR

The Bear should be called the bitch, because it's a real bitch. The bear is a 5 part exercise: Clean the weight from the floor, perform a full front squat, press the weight overhead, set the weight behind your neck on your traps, perform a full back squat, come up and press the weight overhead again. Set the weight to the floor. That's one rep. Perform 5 reps with a HEAVY weight for full fat burning and heart exploding madness.

JUMP SQUATS

Jump squats are scary for the average Joe but you have nothing to fear. Aim for sets of 5-10 for maximum fat burning and heart pumping.

Fat Burning Enders are almost like crossfit routines but with one huge change: Crossfitters use baby weight for high reps. Body of a Spartan uses HEAVY weight.

If it ain't at least 135, it's just jive!

RULES FOR *BODY OF A SPARTAN* ROUTINES

Squat at least 3 days per week. Any squat variation is fine.

Deadlift at least once per week.

Sessions never need to last longer than 45 minutes. Often 20-35 minutes is enough.

Weights are your cardio. Make sure to get your heart pumping.

Chinups can be done very frequently. Aim for at least 1 set 3 days per week.

Lift heavy first, lift for repetitions second.

NOTES ON EXERCISES

I have found that I am able to lift significantly more weight for repetitions after I have lifted a heavy, heavy weight for a single. This "activates" your strength which is why it needs to be done first. After you deadlift 400 or 500 lbs, 135 lbs on the bar feels like a toy.

I like to do the deadlift variations after I do a normal deadlift routine. Deadlifting with one arm is always easier after deadlifting a heavy single(s) with both arms.

Squatting is the best leg exercise in existence. Squatting for low reps, I have found, reduces soreness. The more often you squat, the less you get sore. I have squatted 6 days per week many, many times. Having sore legs is terrible, which is why you won't find leg press, leg

extensions or hack squats in *Body of a Spartan*. Unless you are a juiced lifter with plans of bodybuilding competition there is no reason to ever blast your quads or hamstrings. Squats are more than plenty for thick, strong, athletic legs.

Squat lockouts and rack deadlifts are essential. The ability to hold 600+ lbs in your hands or on your back will make your entire body strong. These types of exercises can be done once a week to once every two or three weeks, but they should be done.

Your body should be trained as a whole unless you are juiced. Period. Doing nothing but isolation exercises with light weight as a natural is a one way ticket to nowhere-ville. You've got to become strong to become lean and mean. It took me 4-5 years of going nowhere training to realize what is essential for a natural trainer. Heavy, heavy lifting and training the body as a whole. Particularly, sets of singles. Your biceps aren't going to fall off if you train them 2-3 days in a row. You aren't going to become crippled if you train squats 3 days in a row. You know what will happen? Jacked-ness.

I have bench pressed 6 days in a row before. You know what happened? My chest was huge at the end of the week. I have squatted 6 days in a row before. Know what happened? My legs become strong as an ox and felt as they were carved from stone. I have trained shoulders 3+ days per week for over a year. Whereas once I could barely press a 70 lb barbell now it feels like a toy. Anything under 135 lb presses feels like child weight.

Training this way is mental. It's not hard physically. You've got to let go of the idea that training hard and often will turn you weak. What kind of fucking nonsense is that? The less you train the BETTER you become and the more you train the WORSE you become? NO. The opposite is true.

When I first started training I trained 3 days per week because I listened to the naysayers, the nancy-boys, the fatso's crying about overtraining on the internet. What did I have to show for it? I looked like shit.

It was when I started training HARD AND HEAVY 6 days per week that my muscles hardened up, that I became lean with a 6 pack, and strong.

There are a million routines that you can do but only a few exercises that are worthy of doing. Stick with those and make them heavy.

Go hard, go heavy, go fast, go home. Simple and Spartan.

Make your daily workout a habit. Just like going to school or going to work, going to the gym is just another stop in your day.

Completely disregard bodybuilding magazines and websites. They are full of a) juice heads who won't tell you the drugs they use or b) nitwits who don't know anything and have terrible physiques but still give advice on the internet. You can never go wrong doing the opposite of what most people say to do. Most people are not warriors, they are not achievers, and they are not in shape. They want everyone to be like them (less) so they unconsciously give bad advice.

135 lbs (60 kilograms for the Europeans and Aussies) is where you should start. 135 lbs is a standard sized barbell (45 lbs) and a 45 lb weight plate on each side of the bar. That's a big ol', scary number for a lot of guys – and for no reason. It's stupidly easy weight to lift, but it's the first mental barrier you have to break through. Concentrate on breaking through that first plateau. In gyms across America males are scared to death to lift 135 lbs over their heads so they stick with 65 lbs, or 95 lbs, or 115 lbs but that 135 lbs is ALWAYS out of their reach. So they stay the same year in and year out. I am here to tell you that 135 lbs SEEMS scary but once you break the barrier it's nothing. It's barely a warmup.

As soon as you lift 135 lbs once the barrier is broken and you can lift it again and again, repeatedly.

The next barrier is 225 lbs. Then 315 lbs. Then 405 lbs and so on. These barriers are mental. Your scared brain is telling you that you cannot lift these figures, it's scared of all that weight. But as soon as you do it once you can do it multiple times. These are just arbitrary numbers, that's all they are. As scary as they may be, they aren't any different from the weight you were lifting before. If you can lift 215 lbs then you can lift 225 lbs. If you can lift 295 lbs then you can lift 315 lbs. All you have to do is realize that the barrier is mental, it is not physical. Your body can or cannot lift what your brain says it can or cannot do.

THE SPARTAN DIET

The Spartan diet is very easy. It is meant as a lifetime eating habit rather than as a "summer diet" type. The diet will change for a fat guy or a skinny guy, but the de-facto diet, the one in which you can maintain leanness (aka 6 pack abs) and function perfectly energetically is as follow:

Eat 3 meals per day.

Don't snack.

Drink water when thirsty.

Avoid food created by giant corporations.

KFC and hamburgers will make you big and heavy.

But not in the body-building sense.

How do you stay away from snacking?

You don't buy snack foods! Don't have them in the house and you won't eat them. If you buy them, you will eat them so just don't buy them. When you go to the market to buy groceries always go after you have already eaten and are full. When you are full you are far less likely to crave and buy junk food. Always make a list of the foods you need (or just eat the same foods all the time) so you aren't wondering aimlessly down the aisles looking for food. Better yet, don't even go down the aisles – all the real food is around the outside of the store.

Supplement companies have convinced men that they need way more protein than is necessary. For me, a 180lb guy, if I eat more than 100g of protein in a day, that is enough.

Any amount of protein over 100g will just be turned into shit and piss.

Anyone who tells you different is lying or trying to sell you something.

Approved carbohydrates sources are any foods that grow in the ground or on a tree.

Potatoes, sweet potatoes, beans, rice, vegetables and fruits are all acceptable.

Remember: Eat high-fiber greens and wholegrains first. Leave fatty foods/meat to the end.

Note: It is acceptable to eat lots of fruit before workout. Fruit is king for short-term energy and contains the enzymes your stomach needs to digest proteins.

Note 2: Red meat is not your friend. Ever noticed why so many guys at the gym over 30 look like shit, ready to keel over from a heart attack - it's because they believe they mainstream lie that red meat is ok. Wrong. It's a killer.

The above diet is how I maintained leanness for an entire year (with 6 pack abs), and my strength was the best it had ever been.

Some days you will need to eat three meals, as you will be very hungry. Some days you may be terribly busy and eat only one meal. This is also fine. The goal is to average two meals per day without snacking.

At first it may be hard and you may have some hunger pangs. That is normal and to be expected. You are likely used to eating almost 'round the clock. Most people are. After a while, maybe a week or two, eating two meals per day just becomes normal. This is the diet that will help you to become lean, mean and alert.

Alcohol (beer, wine and spirits) is acceptable. You can have up to two glasses of wine, two-four shots of liquor, or two 16 oz bottles of beer (pints, for the foreigners) with dinner each night if you so desire. You may even have desert 1-3 times per week.

You will notice that when you eat bigger meals with less frequency you do not enjoy eating smaller meals or snacks. As well as being great for burning fat, eating less frequently is good for concentration.

One day per week you will be able to eat anything you want: ice cream, potato chips, soda pop, whatever you want. This day is your cheat day and you may do what you wish on this day.

THE SPARTAN DIET FOR SKINNY FELLAS

Skinny fellas do not need to follow the above diet until they become a normal / acceptable weight. Skinny fellas need to do one thing: EAT, EAT and EAT some more.

Skinny guys aren't "Hardgainers", they are small eaters. You're only skinny because you don't eat enough food and lift enough weight. Every pro bodybuilder was skinny at one point. "Hardgainer" is another word for someone who gives up easily.

Skinny fellas need to eat 4 times per day, using the same food sources if possible; but skinny fellas have much more leeway in their food choices. Fast food is acceptable, garbage processed food is acceptable etc.

You will know your body's natural, normal weight when you get there. Your body at some point will stop growing no matter how much you feed it. This is your weight that you need to be at to be normal. When you have reached this weight you can stop eating all the time and start focusing on crafting and shaping your body using the standard Spartan diet.

Skinny fellas will have to force themselves to eat. You don't eat, you don't grow. I used to force myself to eat 6 times per day. I went from 130 lbs of skinny fat nothing to 180 lbs lean and mean without using any drugs or pro-hormones.

THE SPARTAN DIET FOR FAT FELLAS

Eat as many fiber-rich foods as you can to fill up your stomach and give the sensation of fullness. That means leafy greens, and whole-grain carbs. Reduce the meat intake, it's making you fat. At the end of the month you can slowly introduce potatoes, sweet potatoes and white rice.

If one month was not enough to make you lean then you will continue to follow the high-fiber plan for one to two weeks at a time before you eat fatty foods again.

Fat fellas cannot handle animal fats very well, so they will always need to watch their animal intake closely. Animal fats can be eaten occasionally but only when you have lost the fat and become lean.

SUPPLEMENTS

99% of supplements are completely un-necessary and a waste of money. There are no supplements you are required to take to attain the Body of a Spartan. It can be done with food and training alone.

TRAINING ACCESSORIES

WRIST STRAPS

Wrist straps will be needed to perform rack deadlifts and barbell shrugs.

Wrist straps should go the opposite way on the bar that your hand is placed. If you're using an overhand grip, you will want your wrist straps to be placed under the bar.

If you're using an underhand grip, you will want your wrist straps to go over the bar.

See picture below for the proper way to use wrist straps.



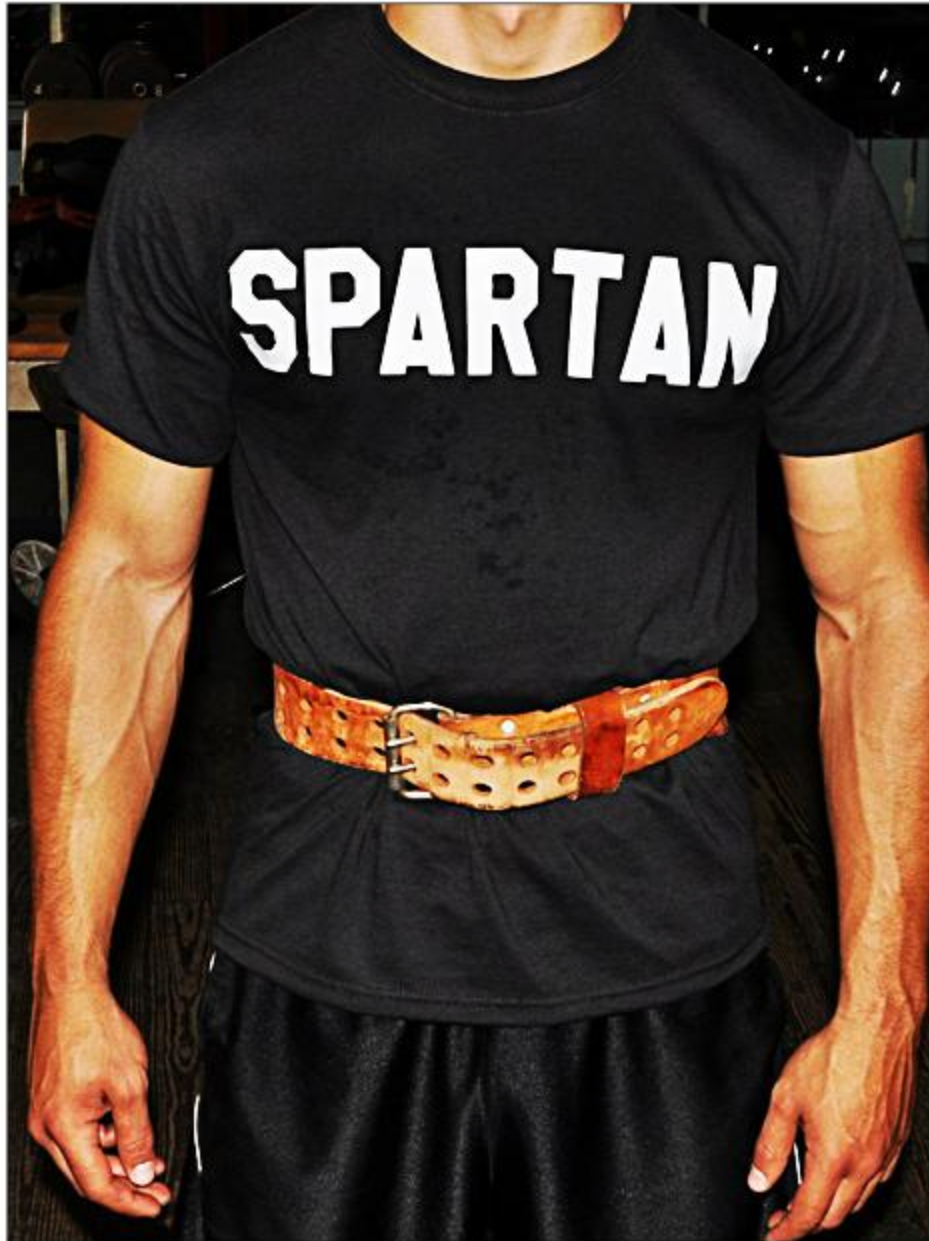
Pictured: Wrist Straps

WEIGHTLIFTING BELT

A weight belt is your choice. Some like it, others don't. Personally, I never used a weight belt and have an extremely strong back to show for it.

If you do use a weight belt, you will want to use it on heavy lifts like deadlifts, squats and overhead presses.

The weight belt should be fasted tight around your waist and will give you intra-abdominal pressure that will allow you to lift a little bit more than you would be able to lift without it.



Pictured: Weightlifting Belt

HOW TO GET PUMPED UP

There are a couple ways I get pumped up for a workout:

- 1) Drink some black coffee

- 2) Listen to a song that fires me up. I prefer to listen to the same song, over and over until I get tired of it. At that point I will find a new song that pumps me up and play that one. Or you can set up a gym playlist with all the songs that get you fired up.
- 3) Visualize your workout before you go. Think of the weight you are going to lift, the exercises you are going to do, and how great of a workout it is going to be. Your mind has already believed it, now you just need to get to the gym and let the body achieve it.

KEEPING TRACK OF THE WEIGHTS LIFTED

It is a good idea to keep a notebook with you in the gym and record all the lifts you have done. This will help you devise your next day's lifting and so forth. You always want to try to lift more than you have done previously. You will always want to try and break personal records and plateaus. Keeping track of all your numbers in a notebook will make it easier.

It is also great fun to look back at an old notebook and look at all the puny weights you used to lift. You can see all the improvements you have made.

CONCLUSION

Ok, friend. I hope you have enjoyed this copy of Body of a Spartan.

Now it is time to get into the gym and kill it!

-Victor Pride

PS – Lift some weights, brother.

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